



## Ruby-Red Grapefruit Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



11

CALORIES



111 kcal

DESSERT

### Ingredients

- 1 tablespoon grapefruit rind red grated
- 3 cups grapefruit juice fresh red
- 1 Dash salt
- 1 cup semisweet sparkling wine
- 1 cup sugar
- 1 cup water

### Equipment

- bowl

sauce pan

## Directions

- Combine first 3 ingredients in a saucepan; stir well. Bring to a boil; cook 1 minute or until sugar dissolves, stirring constantly.
- Remove from heat; pour into a large bowl, and stir in grapefruit rind.
- Let cool to room temperature.
- Add grapefruit juice and sparkling wine to sugar mixture.
- Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's directions. Spoon into a freezer-safe container; cover and freeze 2 hours.

## Nutrition Facts

 PROTEIN 1.56%  FAT 1.06%  CARBS 97.38%

## Properties

Glycemic Index:13.01, Glycemic Load:16.12, Inflammation Score:-2, Nutrition Score:1.5626086828339%

## Flavonoids

Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 110.68kcal (5.53%), Fat: 0.12g (0.19%), Saturated Fat: 0g (0%), Carbohydrates: 25.65g (8.55%), Net Carbohydrates: 25.56g (9.3%), Sugar: 25.56g (28.41%), Cholesterol: 0mg (0%), Sodium: 7.57mg (0.33%), Alcohol: 1.37g (100%), Alcohol %: 1.37% (100%), Protein: 0.41g (0.82%), Vitamin C: 17.73mg (21.49%), Potassium: 125.33mg (3.58%), Magnesium: 8.92mg (2.23%), Iron: 0.35mg (1.96%), Vitamin B3: 0.22mg (1.09%), Phosphorus: 10.54mg (1.05%)