



Sorbet and Ice Cream Terrine with Blackberry Compote



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



401 kcal

Ingredients

- ☐ 1 pint blackberries fresh
- ☐ 0.5 cup garnish: blackberry jam seedless
- ☐ 1 tablespoon mint leaves fresh thinly sliced
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 2 teaspoons lemon zest grated
- ☐ 1 pint lemon sorbet
- ☐ 1 pint mango sorbet
- ☐ 1 pint raspberry sorbet

- ☐ 1 pint raspberry sorbet
- ☐ 1 pint whipped cream

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ plastic wrap
- ☐ loaf pan
- ☐ aluminum foil

Directions

- ☐ Line 9x5x2 3/4-inch metal loaf pan with 2 layers of plastic wrap, extending 3 inches over sides. Scoop raspberry sorbet into medium bowl and stir to soften; let stand at room temperature until sorbet is spreadable, stirring occasionally, about 10 minutes.
- ☐ Spread sorbet evenly in bottom of prepared loaf pan.
- ☐ Place loaf pan in freezer. Scoop lemon sorbet into another medium bowl; stir and let stand at room temperature until spreadable, stirring occasionally, about 10 minutes. Spoon lemon sorbet in large dollops atop raspberry sorbet, then spread in even layer. Return loaf pan to freezer. Repeat procedure with vanilla ice cream, then mango sorbet, and finally boysenberry sorbet. Fold plastic wrap overhang over terrine; cover with aluminum foil. Freeze terrine overnight. (Terrine can be made 4 days ahead. Keep frozen.)
- ☐ Stir blackberry jam in heavy medium saucepan over medium-low heat until melted. Stir in grated lemon peel and fresh lemon juice. Cool to room temperature. Stir in fresh blackberries, crushing some with fork to release juices. Refrigerate compote until cold, at least 2 hours and up to 1 day.
- ☐ Stir sliced fresh mint into blackberry compote. Invert terrine onto platter; peel off plastic wrap.
- ☐ Cut terrine into slices.
- ☐ Serve with blackberry compote.

Nutrition Facts



Properties

Glycemic Index:14.1, Glycemic Load:13.46, Inflammation Score:-4, Nutrition Score:6.2065217909606%

Flavonoids

Cyanidin: 47.29mg, Cyanidin: 47.29mg, Cyanidin: 47.29mg, Cyanidin: 47.29mg Pelargonidin: 0.21mg, Pelargonidin: 0.21mg, Pelargonidin: 0.21mg, Pelargonidin: 0.21mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 17.54mg, Catechin: 17.54mg, Catechin: 17.54mg, Catechin: 17.54mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 2.2mg, Epicatechin: 2.2mg, Epicatechin: 2.2mg, Epicatechin: 2.2mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 400.9kcal (20.04%), Fat: 6.4g (9.85%), Saturated Fat: 3.22g (20.14%), Carbohydrates: 78.14g (26.05%), Net Carbohydrates: 71.43g (25.97%), Sugar: 56.58g (62.86%), Cholesterol: 20.82mg (6.94%), Sodium: 170.76mg (7.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6g (12%), Fiber: 6.71g (26.82%), Manganese: 0.32mg (16.11%), Vitamin C: 12.59mg (15.25%), Vitamin K: 9.51µg (9.06%), Vitamin B2: 0.14mg (8.27%), Calcium: 79.47mg (7.95%), Vitamin A: 321.94IU (6.44%), Phosphorus: 63.78mg (6.38%), Copper: 0.11mg (5.4%), Potassium: 187.91mg (5.37%), Vitamin E: 0.72mg (4.78%), Magnesium: 17.26mg (4.31%), Folate: 16.79µg (4.2%), Vitamin B5: 0.41mg (4.13%), Zinc: 0.59mg (3.96%), Vitamin B12: 0.18µg (3.08%), Iron: 0.45mg (2.49%), Vitamin B1: 0.03mg (2.16%), Vitamin B6: 0.04mg (2.09%), Selenium: 1.38µg (1.98%), Vitamin B3: 0.38mg (1.89%)