



Sour Beer Sorbet

 Vegetarian  Gluten Free  Dairy Free

READY IN



150 min.

SERVINGS



2

CALORIES



617 kcal

DESSERT

Ingredients

- 0.8 cup beer chilled
- 0.3 cup plus light
- 1 pound fruit fresh (cherries, peaches, plums, apricots, etc.)
- 0.8 cup sugar

Equipment

- food processor
- bowl
- sauce pan

sieve

Directions

- Peel peaches or apricots, if using.
- Remove the stones from the fruit and puree in a food processor until smooth.
- Combine the pureed fruit, sugar, and corn syrup in a 3-quart saucepan and bring to a simmer, stirring to dissolve the sugar.
- Remove from the heat immediately and put in the refrigerator to chill for at least 2 hours.
- Strain through a sieve into a bowl, if desired.
- Add the beer and chill thoroughly.
- Pour the sorbet base into the frozen canister and spin just until it is the consistency of very softly whipped cream.
- Pack the sorbet into a storage container, press a sheet of parchment directly against the surface, and seal with an airtight lid. Freeze in the coldest part of your freezer until firm, at least 4 hours.

Nutrition Facts

 PROTEIN **0.92%**  FAT **0.83%**  CARBS **98.25%**

Properties

Glycemic Index:64.8, Glycemic Load:61.92, Inflammation Score:-6, Nutrition Score:4.6713043516097%

Flavonoids

Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 616.92kcal (30.85%), Fat: 0.58g (0.89%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 154.72g (51.57%), Net Carbohydrates: 151.09g (54.94%), Sugar: 144.01g (160.01%), Cholesterol: 0mg (0%), Sodium: 50.87mg (2.21%), Alcohol: 3.45g (100%), Alcohol %: 0.98% (100%), Protein: 1.45g (2.9%), Fiber: 3.63g (14.51%), Vitamin A: 684.92IU (13.7%), Vitamin K: 10.43µg (9.94%), Copper: 0.18mg (8.99%), Vitamin B3: 1.34mg (6.72%), Potassium: 227.81mg

(6.51%), Vitamin C: 4.99mg (6.05%), Vitamin B2: 0.09mg (5.34%), Vitamin B1: 0.07mg (4.34%), Magnesium: 17.22mg (4.3%), Iron: 0.76mg (4.21%), Phosphorus: 39.61mg (3.96%), Vitamin B6: 0.08mg (3.85%), Manganese: 0.07mg (3.57%), Zinc: 0.47mg (3.14%), Folate: 9.85µg (2.46%), Calcium: 23.02mg (2.3%), Selenium: 1.38µg (1.97%), Vitamin B5: 0.13mg (1.29%)