



Sparkling Apricot Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



167 kcal

DESSERT

Ingredients

- ☐ 1.5 pounds apricots pitted peeled halved
- ☐ 4 inch lemon zest
- ☐ 1 Dash salt
- ☐ 2 cups sparkling wine
- ☐ 1 cup sugar

Equipment

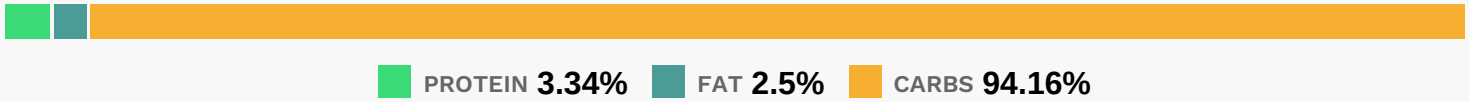
- ☐ bowl
- ☐ sauce pan

- ☐ sieve
- ☐ blender

Directions

- ☐ Combine sugar, sparkling wine, lemon peel, apricots, and salt in a medium saucepan over medium-high heat. Bring to a boil. Reduce heat, and simmer for 10 minutes.
- ☐ Remove from heat, and cool. Discard lemon peel.
- ☐ Transfer mixture to a blender; process until smooth.
- ☐ Pour mixture through a sieve over a bowl; discard solids. Cover and chill.
- ☐ Transfer mixture to the freezer can of an ice cream freezer; freeze according to manufacturer's instructions. Scrape sorbet into a freezer-safe container; freeze 2 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:13.97, Glycemic Load:20.68, Inflammation Score:-8, Nutrition Score:4.4878261037495%

Flavonoids

Catechin: 3.12mg, Catechin: 3.12mg, Catechin: 3.12mg, Catechin: 3.12mg Epicatechin: 4.03mg, Epicatechin: 4.03mg, Epicatechin: 4.03mg, Epicatechin: 4.03mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 166.58kcal (8.33%), Fat: 0.42g (0.64%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 35.23g (11.74%), Net Carbohydrates: 33.4g (12.14%), Sugar: 33.54g (37.27%), Cholesterol: 0mg (0%), Sodium: 10.15mg (0.44%), Alcohol: 3.78µg (100%), Alcohol %: 2.81% (100%), Protein: 1.25g (2.5%), Vitamin A: 1638.67IU (32.77%), Vitamin C: 10.14mg (12.29%), Potassium: 274.73mg (7.85%), Fiber: 1.84g (7.34%), Vitamin E: 0.76mg (5.07%), Copper: 0.08mg (3.79%), Magnesium: 14.6mg (3.65%), Manganese: 0.07mg (3.32%), Iron: 0.59mg (3.28%), Vitamin B6: 0.06mg (3%), Vitamin B3: 0.57mg (2.87%), Phosphorus: 28.56mg (2.86%), Vitamin B2: 0.05mg (2.69%), Vitamin K: 2.81µg (2.67%), Folate: 8.41µg (2.1%), Vitamin B5: 0.21mg (2.08%), Calcium: 18.32mg (1.83%), Vitamin B1: 0.03mg (1.75%), Zinc: 0.22mg (1.49%)