

Spicy Pineapple and Tequila Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



240 min.

SERVINGS



2

CALORIES



634 kcal

DESSERT

Ingredients

- 1.5 teaspoons pepper flakes
- 1 juice of lime to taste ()
- 0.5 teaspoon kosher salt
- 2 pounds pineapple cored peeled ()
- 1 cup sugar
- 1 tablespoon tequila

Equipment

- oven

- blender
- ice cream machine
- glass baking pan

Directions

- If pineapple is not perfectly ripe, toss with salt in a glass baking dish.
- Bake in an oven heated to 450°F for one to two minutes, or until pineapple is sweet and aromatic. Do not overbake or pineapple will develop cooked flavors.
- Transfer pineapple chunks to blender and add just enough water (about 1/4 cup) to let blender purée until very smooth. Total volume of juice should be 4 cups.
- Add sugar and aleppo, then blend until sugar dissolves. If blender is small you may have to blend in batches.
- Pour puréed pineapple into an airtight container. Stir in tequila and lime juice to taste, adding more salt if required. Cover and chill in refrigerator for two to four hours, or until very cold.
- Churn in ice cream machine according to manufacturer's instructions. Return to airtight container and chill in freezer for two to three hours before serving.

Nutrition Facts

PROTEIN 1.56% **FAT 1.21%** **CARBS 97.23%**

Properties

Glycemic Index:94.38, Glycemic Load:101.07, Inflammation Score:-8, Nutrition Score:18.212608762409%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 634.37kcal (31.72%), Fat: 0.89g (1.37%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 160.61g (53.54%), Net Carbohydrates: 154.15g (56.05%), Sugar: 144.93g (161.03%), Cholesterol: 0mg (0%), Sodium: 587.62mg (25.55%), Alcohol: 2.51g (100%), Alcohol %: 0.55% (100%), Protein: 2.58g (5.17%), Vitamin C: 226.71mg (274.8%),

Manganese: 4.22mg (211.07%), Vitamin B6: 0.53mg (26.64%), Fiber: 6.47g (25.87%), Copper: 0.52mg (25.84%),
Vitamin B1: 0.37mg (24.35%), Folate: 84.01µg (21%), Potassium: 526.31mg (15.04%), Magnesium: 56.51mg (14.13%),
Vitamin B3: 2.34mg (11.68%), Vitamin B2: 0.17mg (10%), Vitamin B5: 0.99mg (9.92%), Iron: 1.43mg (7.92%), Calcium:
62.95mg (6.3%), Vitamin A: 306.28IU (6.13%), Phosphorus: 40.3mg (4.03%), Zinc: 0.58mg (3.87%), Vitamin K:
3.79µg (3.61%), Selenium: 1.09µg (1.56%)