



## Strawberry and Champagne Ice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



227 kcal

SIDE DISH

### Ingredients

- 1 tablespoon plus light
- 2 teaspoons juice of lemon fresh
- 4 servings mint sprigs fresh
- 5.3 cups strawberries fresh hulled halved ( three 12-ounce baskets)
- 0.8 cup sugar
- 2 teaspoons vanilla extract
- 0.8 cup water
- 1.5 cups extra-dry champagne cold

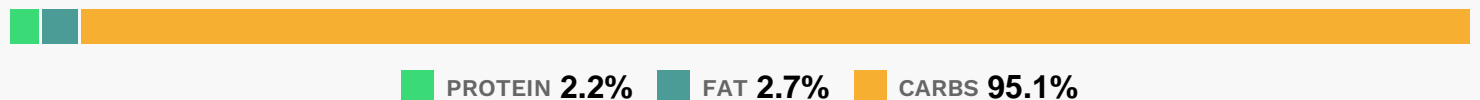
## Equipment

- bowl
- sauce pan
- sieve
- blender
- ice cream machine

## Directions

- Stir 3/4 cup sugar and 3/4 cup water in heavy small saucepan over medium heat until sugar dissolves. Bring to simmer.
- Remove from heat; cool syrup completely.
- Purée 3 cups strawberries in blender just until smooth. Strain puree through fine strainer.
- Transfer sugar syrup and 1 1/2 cups strawberry purée to large bowl (reserve any remaining strawberry purée for another use). Stir in corn syrup, lemon juice and vanilla. Refrigerate mixture until cold, about 2 hours.
- Stir Champagne into strawberry mixture. Process in ice cream maker according to manufacturer's instructions.
- Transfer strawberry ice to container; freeze until firm, at least 4 hours. (Can be made 1 day ahead. Keep strawberry ice frozen. Cover and chill remaining strawberries.)
- Toss remaining 2 1/4 cups strawberries with 2 tablespoons sugar in large bowl.
- Let stand until juices form, about 1 hour. Divide strawberries among 6 dessert cups. Top each serving with 1 scoop strawberry ice.
- Garnish with mint.
- Per serving (1/2 cup): calories, 151; total fat, 0.5 g; saturated fat, 0.5 g; cholesterol,
- Bon Appétit

## Nutrition Facts



## Properties

Glycemic Index:32.27, Glycemic Load:31.28, Inflammation Score:-6, Nutrition Score:9.9034783010897%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 227.43kcal (11.37%), Fat: 0.71g (1.1%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 56.66g (18.89%), Net Carbohydrates: 52.8g (19.2%), Sugar: 51.21g (56.9%), Cholesterol: 0mg (0%), Sodium: 8.41mg (0.37%), Alcohol: 0.69g (100%), Alcohol %: 0.31% (100%), Protein: 1.31g (2.63%), Vitamin C: 112.42mg (136.26%), Manganese: 0.75mg (37.38%), Fiber: 3.87g (15.47%), Folate: 47µg (11.75%), Potassium: 301.2mg (8.61%), Magnesium: 26.26mg (6.56%), Copper: 0.11mg (5.28%), Iron: 0.85mg (4.72%), Phosphorus: 46.41mg (4.64%), Vitamin B6: 0.09mg (4.59%), Vitamin K: 4.16µg (3.96%), Vitamin B3: 0.76mg (3.79%), Vitamin E: 0.55mg (3.68%), Calcium: 35.46mg (3.55%), Vitamin B1: 0.05mg (3.35%), Vitamin B2: 0.05mg (3.16%), Vitamin B5: 0.24mg (2.44%), Zinc: 0.31mg (2.08%), Selenium: 1.02µg (1.46%), Vitamin A: 65.31IU (1.31%)