



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

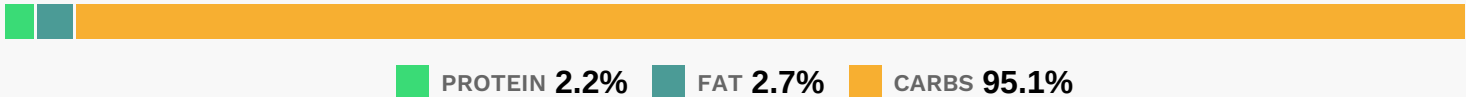
Equipment

- ☐ 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

Cyanidin: 3.18mg, Cyanidin: 3.18mg, Cyanidin: 3.18mg, Cyanidin: 3.18mg Petunidin: 0.21mg, Petunidin: 0.21mg, Petunidin: 0.21mg, Petunidin: 0.21mg Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 46.97mg, Pelargonidin: 46.97mg, Pelargonidin: 46.97mg, Pelargonidin: 46.97mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 5.88mg, Catechin: 5.88mg, Catechin: 5.88mg, Catechin: 5.88mg Epigallocatechin: 1.47mg, Epigallocatechin: 1.47mg, Epigallocatechin: 1.47mg, Epigallocatechin: 1.47mg Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg Epicatechin 3-gallate: 0.28mg, Epicatechin 3-gallate: 0.28mg, Epicatechin 3-gallate: 0.28mg, Epicatechin 3-gallate: 0.28mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

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%)