



Sweet Cherry Sorbetto

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



177 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon almond extract
- 0.5 cup orange juice
- 0.5 cup sugar
- 16 cherries dark sweet frozen thawed pitted
- 0.5 teaspoon vanilla extract
- 0.5 cup water hot

Equipment

- bowl

ice cream machine

Directions

- Stir first 5 ingredients in medium bowl until sugar dissolves.
- Blend cherries and reserved cherry juices in processor until cherries are coarsely chopped.
- Add sugar syrup; blend until smooth.
- Process cherry mixture in ice cream maker.
- Transfer sorbetto to container; cover tightly and freeze until solid, at least 3 hours. (Can be made 2 days ahead. Keep frozen.)

Nutrition Facts

PROTEIN 1.62% **FAT 1.35%** **CARBS 97.03%**

Properties

Glycemic Index:48.03, Glycemic Load:26.77, Inflammation Score:-2, Nutrition Score:2.8943478400293%

Flavonoids

Cyanidin: 12.89mg, Cyanidin: 12.89mg, Cyanidin: 12.89mg, Cyanidin: 12.89mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.64mg, Peonidin: 0.64mg, Peonidin: 0.64mg, Peonidin: 0.64mg Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 176.69kcal (8.83%), Fat: 0.28g (0.42%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 44.45g (14.82%), Net Carbohydrates: 43.47g (15.81%), Sugar: 42.33g (47.03%), Cholesterol: 0mg (0%), Sodium: 2.81mg (0.12%), Alcohol: 0.34g (100%), Alcohol %: 0.28% (100%), Protein: 0.74g (1.48%), Vitamin C: 23.65mg (28.67%), Potassium: 179.53mg (5.13%), Fiber: 0.98g (3.91%), Folate: 14.11µg (3.53%), Vitamin B1: 0.05mg (3.26%), Copper: 0.05mg (2.66%), Magnesium: 9.75mg (2.44%), Vitamin A: 109.97IU (2.2%), Vitamin B2: 0.03mg (1.99%), Manganese: 0.04mg (1.96%), Vitamin B6: 0.04mg (1.89%), Vitamin B5: 0.16mg (1.64%), Phosphorus: 16.05mg (1.6%), Iron: 0.25mg (1.41%),

Vitamin B3: 0.24mg (1.18%), Calcium: 11.72mg (1.17%)