



Tangerine and Prosecco Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



99 kcal

DESSERT

Ingredients

- ☐ 0.8 cup sugar
- ☐ 1 tablespoon tangerine peel finely grated
- ☐ 2 cups strained tangerine juice chilled (from 16 tangerines)
- ☐ 0.8 cup water
- ☐ 1 cup prosecco chilled
- ☐ 1 cup prosecco chilled

Equipment

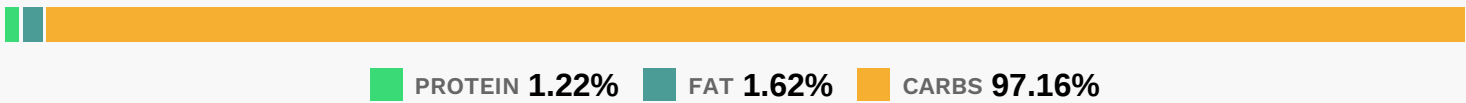
- ☐ bowl

☐ whisk

Directions

- ☐ Combine sugar and 3/4 cup water in small saucepan. Stir over medium heat until sugar dissolves. Increase heat and bring to boil.
- ☐ Transfer syrup to medium bowl and chill until cold, about 2 hours.
- ☐ Add strained tangerine juice, Prosecco, and finely grated tangerine peel to syrup; whisk to blend well.
- ☐ Transfer mixture to ice cream maker and process according to manufacturer's instructions.
- ☐ Transfer sorbet to freezer container. Cover tightly with lid and freeze until firm, at least 8 hours or overnight. DO AHEAD: Can be made 3 days ahead. Keep frozen.
- ☐ Divide sorbet among wine goblets or dessert glasses.
- ☐ Serve immediately.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:12.76, Glycemic Load:13.11, Inflammation Score:-2, Nutrition Score:1.8695652342361%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 10.89mg, Hesperetin: 10.89mg, Hesperetin: 10.89mg, Hesperetin: 10.89mg Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 98.96kcal (4.95%), Fat: 0.19g (0.28%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 24.99g (8.33%), Net Carbohydrates: 24.85g (9.03%), Sugar: 24.84g (27.6%), Cholesterol: 0mg (0%), Sodium: 1.93mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.63%), Vitamin C: 18.37mg (22.27%), Potassium: 111.06mg (3.17%), Vitamin A: 156.6IU (3.13%), Vitamin B1: 0.04mg (2.36%), Vitamin B6: 0.03mg (1.31%), Magnesium: 5.21mg (1.3%), Calcium: 12.22mg (1.22%), Manganese: 0.02mg (1.18%), Copper: 0.02mg (1.04%)