



Tangerine Sorbet with Vanilla Cream and Candied Pistachios

 Vegetarian  Gluten Free

READY IN

ready

175 min.

SERVINGS

servings

10

CALORIES

calories

200 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon bitter liqueur italian such as campari, optional
- ☐ 0.5 cup pistachios shelled
- ☐ 0.3 teaspoon salt fine
- ☐ 0.8 cup sugar
- ☐ 3 tablespoons sugar
- ☐ 3 cups tangerine juice freshly squeezed
- ☐ 1 vanilla pod split

- ☐ 0.8 cup whipping cream

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ ice cream machine

Directions

- ☐ Special equipment: ice cream maker, martini glasses
- ☐ Combine the tangerine juice, sugar and Campari if using in a medium saucepan. Bring to a simmer, stirring over low heat until the sugar is dissolved. Chill the mixture in the refrigerator for about 20 minutes then process the sorbet in an ice cream maker according to the manufacturer's instructions.
- ☐ Transfer to a bowl, cover tightly and freeze until firm, at least 2 hours and up to 3 days.
- ☐ Place a rack in the middle of the oven and preheat the oven to 350 degrees F. Line a baking sheet with parchment paper.
- ☐ Stir the sugar, 1 tablespoon water and the salt together in a medium bowl.
- ☐ Add the pistachios and stir to coat.
- ☐ Spread the pistachios on the prepared baking sheet and bake until the nuts are golden and crisp, about 8 minutes. Allow the nuts to cool, then coarsely chop and set aside.
- ☐ Place the cream in a small bowl. Use a paring knife to scrape the beans from the pod into the cream.
- ☐ Add the empty pod and refrigerate until ready to use.
- ☐ To serve, pour 2 tablespoons of the vanilla cream into a martini glass.
- ☐ Add a scoop of sorbet and garnish with pistachios.

Nutrition Facts



PROTEIN 4.12% **FAT 41.24%** **CARBS 54.64%**

Properties

Glycemic Index:15.82, Glycemic Load:13.18, Inflammation Score:-4, Nutrition Score:4.4860869088899%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 12.68mg, Hesperetin: 12.68mg, Hesperetin: 12.68mg, Hesperetin: 12.68mg Naringenin: 1.02mg, Naringenin: 1.02mg, Naringenin: 1.02mg, Naringenin: 1.02mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 200.15kcal (10.01%), Fat: 9.52g (14.65%), Saturated Fat: 4.47g (27.91%), Carbohydrates: 28.39g (9.46%), Net Carbohydrates: 27.57g (10.02%), Sugar: 26.89g (29.88%), Cholesterol: 20.17mg (6.72%), Sodium: 64.02mg (2.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.28%), Vitamin C: 23.48mg (28.46%), Vitamin A: 482.36IU (9.65%), Vitamin B6: 0.14mg (7.13%), Vitamin B1: 0.1mg (6.66%), Potassium: 216.65mg (6.19%), Manganese: 0.1mg (5.18%), Phosphorus: 51.32mg (5.13%), Copper: 0.1mg (5.11%), Magnesium: 14.87mg (3.72%), Vitamin B2: 0.06mg (3.67%), Fiber: 0.82g (3.29%), Calcium: 32.08mg (3.21%), Vitamin E: 0.4mg (2.68%), Iron: 0.42mg (2.35%), Folate: 8.62µg (2.16%), Vitamin D: 0.29µg (1.9%), Vitamin B5: 0.17mg (1.73%), Selenium: 1.15µg (1.65%), Zinc: 0.21mg (1.43%)