



## Vanilla Bean Sorbet with Pineapple Topping

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



190 kcal

DESSERT

### Ingredients

- 0.3 cup plus light
- 0.5 cup rum dark
- 1 inch ginger fresh peeled halved
- 1 tablespoon juice of lemon fresh
- 1.5 cups pineapple diced
- 1 cup sugar
- 2 tablespoons sugar
- 0.5 vanilla pod split

- 0.3 cup water
- 4 cups water

## Equipment

- bowl
- sauce pan
- whisk

## Directions

- To prepare sorbet, combine 4 cups water, 1 cup sugar, and light corn syrup in a medium saucepan; bring to a boil over high heat. Cook 2 minutes or until sugar dissolves, stirring frequently. Scrape seeds from vanilla bean into a medium bowl.
- Add vanilla bean and fresh lemon juice.
- Pour hot sugar mixture over vanilla mixture; stir well with a whisk. Cover and chill completely.
- Remove and discard vanilla bean.
- Pour mixture into the freezer can of an ice-cream freezer, and freeze according to manufacturer's instructions. Spoon sorbet into a freezer-safe container; cover and freeze for 4 hours or until firm.
- To prepare topping, combine dark rum, water, sugar, and ginger in a small saucepan. Bring to a boil; cook 2 minutes.
- Remove from heat; cool to room temperature.
- Remove and discard ginger.
- Pour rum mixture over pineapple; chill 1 hour.

## Nutrition Facts

 PROTEIN 0.46%  FAT 1.13%  CARBS 98.41%

## Properties

Glycemic Index:30.98, Glycemic Load:23.25, Inflammation Score:-1, Nutrition Score:2.2908696078736%

## Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## **Nutrients (% of daily need)**

Calories: 189.92kcal (9.5%), Fat: 0.21g (0.32%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 40.49g (13.5%), Net Carbohydrates: 40.03g (14.56%), Sugar: 39.24g (43.6%), Cholesterol: 0mg (0%), Sodium: 13.76mg (0.6%), Alcohol: 5.01g (100%), Alcohol %: 2.98% (100%), Protein: 0.19g (0.38%), Vitamin C: 15.56mg (18.86%), Manganese: 0.29mg (14.64%), Copper: 0.06mg (3.08%), Vitamin B1: 0.03mg (2.15%), Vitamin B6: 0.04mg (1.85%), Fiber: 0.46g (1.83%), Folate: 6.04µg (1.51%), Magnesium: 5.56mg (1.39%), Potassium: 40.25mg (1.15%)