

# Tropical Sorbet Bombe

*Parade Magazine*

## **Servings: 12**

*2 pints (16 ounce) coconut sorbet*  
*2 pints (16 ounce) mango sorbet*  
*2 pints (16 ounce) strawberry sorbet*  
*2 cups chocolate wafer cookie crumbs*

## **Preparation Time: 20 minutes**

Line a three-quart metal bowl with two sheets of plastic wrap, leaving a four-inch overhang. (To help the plastic stick, first wipe the inside of the bowl with a damp towel.)

Remove one pint of each sorbet from the freezer. Scoop all three pints into a bowl. To create a swirly, colorful pattern, use scoops of various sizes and jumble the flavors, putting different ones next to each other. Cover the sorbet with one sheet of waxed paper; press and mold into a solid mass with a flat top. (If necessary to make the sorbet pliable, let stand a few minutes.) Freeze for 5 minutes.

With the remaining three pints of sorbet, repeat the process, using clean waxed paper. Fold in the plastic overhang and press over the top. Freeze until firm, at least four hours, preferably overnight..

Invert onto a plate and unmold, removing the plastic wrap. Press the cookie crumbs all over the top and brush the excess from the plate. Freeze for 10 minutes. Cut into wedges to serve.

Start to Finish Time: 4 hours 35 minutes

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Per Serving (excluding unknown items): 81 Calories; 3g Fat (28.8% calories from fat); 1g Protein; 14g Carbohydrate; 1g Dietary Fiber; trace Cholesterol; 108mg Sodium. Exchanges: 1/2 Fat; 1 Other Carbohydrates.

Desserts

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	81	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	28.8%	<b>Vitamin B12 (mcg):</b>	trace
<b>% Calories from Carbohydrates:</b>	65.3%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	5.9%	<b>Riboflavin B2 (mg):</b>	trace
<b>Total Fat (g):</b>	3g	<b>Folacin (mcg):</b>	9mcg
<b>Saturated Fat (g):</b>	1g	<b>Niacin (mg):</b>	1mg
<b>Monounsaturated Fat (g):</b>	1g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	trace	<b>% Refused:</b>	n.n%
<b>Carbohydrate (g):</b>	14g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	1g	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	1g	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	108mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	39mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	6mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	1mg	<b>Fat:</b>	1/2
<b>Zinc (mg):</b>	trace	<b>Other Carbohydrates:</b>	1
<b>Vitamin C (mg):</b>	0mg		
<b>Vitamin A (i.u.):</b>	2IU		
<b>Vitamin A (r.e.):</b>	1/2RE		

**Nutrition Facts**

Servings per Recipe: 12

**Amount Per Serving**

**Calories** 81 **Calories from Fat:** 23

**% Daily Values\***

<b>Total Fat</b> 3g	4%
Saturated Fat 1g	4%
<b>Cholesterol</b> trace	0%
<b>Sodium</b> 108mg	5%
<b>Total Carbohydrates</b> 14g	5%
Dietary Fiber 1g	3%
<b>Protein</b> 1g	
<b>Vitamin A</b>	0%
<b>Vitamin C</b>	0%
<b>Calcium</b>	1%
<b>Iron</b>	4%

\* Percent Daily Values are based on a 2000 calorie diet.