

Gelato vs Sorbet (vsdiff.com)

| Attribute | Gelato | Sorbet |
|---------------------------------|--|--|
| Primary base | Milk and/or milk solids with sugar | Fruit puree or juice with water and sugar |
| Dairy | Usually dairy (milk ± cream) | <i>Non-dairy</i> (dairy-free by definition) |
| Fat content (typical) | Low — approximately 2-8% fat | Negligible — typically <1% |
| Overrun (air) | Low — roughly 15-40% | Variable — roughly 20-60% depending on churn |
| Texture | <i>Dense, creamy, silky</i> | Icier, clean and refreshing |
| Typical serving temp | Slightly warmer than ice cream — about -10°C to -12°C | Near freezing — about -8°C to -12°C (varies) |
| Typical stabilizers/emulsifiers | Often used (guar, locust bean, lecithin) to control <i>texture</i> | Sometimes used (pectin, glucose) to aid scoopability |
| Common culinary uses | Stand-alone desserts; paired with pastries | Palate cleansers; sorbets in cocktails and <i>fruit-focused</i> desserts |

Source: <https://vsdiff.com/gelato-vs-sorbet/>