



Bittersweet Chocolate-Cherry Sorbet with Fresh Cherry Compote



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



184 kcal

DESSERT

Ingredients

- ☐ 1 pound cherries fresh pitted halved
- ☐ 0.8 cup smucker's cherry preserves red (such as Bonne Maman)
- ☐ 0.5 cup dutch process cocoa
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 2 cups water

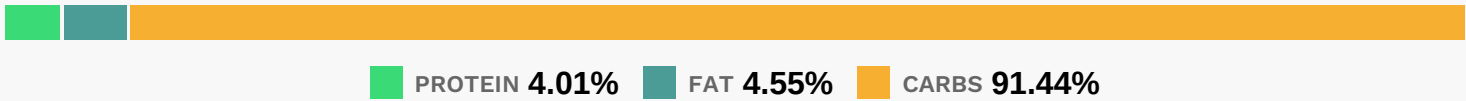
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ To prepare sorbet, combine first 4 ingredients in a heavy saucepan, stirring with a whisk. Gradually add 2 cups water, stirring with a whisk. Bring mixture to a boil, stirring well with a whisk. Cool to room temperature; cover and chill overnight.
- ☐ Stir sorbet mixture with a whisk.
- ☐ Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon sorbet into a freezer-safe container; cover and freeze 1 hour or until firm.
- ☐ To prepare compote, combine 1/4 cup sugar and cherries; toss well.
- ☐ Let stand at room temperature 1 hour.
- ☐ Serve compote with sorbet.

Nutrition Facts



Properties

Glycemic Index:21.01, Glycemic Load:20.55, Inflammation Score:-3, Nutrition Score:4.8473912762559%

Flavonoids

Cyanidin: 19.58mg, Cyanidin: 19.58mg, Cyanidin: 19.58mg, Cyanidin: 19.58mg Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg Peonidin: 0.97mg, Peonidin: 0.97mg, Peonidin: 0.97mg, Peonidin: 0.97mg Catechin: 6.81mg, Catechin: 6.81mg, Catechin: 6.81mg, Catechin: 6.81mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 15.31mg, Epicatechin: 15.31mg, Epicatechin: 15.31mg, Epicatechin: 15.31mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 183.6kcal (9.18%), Fat: 1.02g (1.57%), Saturated Fat: 0.52g (3.27%), Carbohydrates: 46.14g (15.38%), Net Carbohydrates: 42.1g (15.31%), Sugar: 33.2g (36.89%), Cholesterol: 0mg (0%), Sodium: 57.92mg (2.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 14.13mg (4.71%), Protein: 2.03g (4.05%), Fiber: 4.03g (16.14%), Copper:

0.32mg (15.97%), Manganese: 0.3mg (14.8%), Magnesium: 39.91mg (9.98%), Vitamin C: 7.74mg (9.38%), Potassium: 265.43mg (7.58%), Iron: 1.27mg (7.05%), Phosphorus: 65.62mg (6.56%), Vitamin B2: 0.07mg (3.84%), Zinc: 0.49mg (3.29%), Calcium: 25.7mg (2.57%), Selenium: 1.65µg (2.36%), Vitamin B6: 0.05mg (2.31%), Folate: 8.56µg (2.14%), Vitamin B1: 0.03mg (1.87%), Vitamin B5: 0.15mg (1.52%), Vitamin K: 1.51µg (1.44%), Vitamin B3: 0.25mg (1.23%)