



Bittersweet Chocolate Sorbet



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



263 kcal

DESSERT

Ingredients

- ☐ 3 ounces bittersweet chocolate finely chopped
- ☐ 1.3 cups sugar
- ☐ 0.5 cup cocoa unsweetened
- ☐ 2 teaspoons vanilla extract
- ☐ 2.5 cups water

Equipment

- ☐ sauce pan

Directions

- ☐ Bring water to a boil in a medium saucepan. Stir in sugar and cocoa; reduce heat, and simmer 5 minutes, stirring frequently.
- ☐ Remove from heat; add chocolate and vanilla, stirring until chocolate melts. Cover and chill completely.
- ☐ Pour chocolate 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.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:29.09, Inflammation Score:-3, Nutrition Score:5.313913024638%

Flavonoids

Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 262.67kcal (13.13%), Fat: 6.55g (10.07%), Saturated Fat: 3.7g (23.13%), Carbohydrates: 53.25g (17.75%), Net Carbohydrates: 49.46g (17.99%), Sugar: 47.08g (52.31%), Cholesterol: 0.85mg (0.28%), Sodium: 8.39mg (0.36%), Alcohol: 0.46g (100%), Alcohol %: 0.36% (100%), Caffeine: 28.67mg (9.56%), Protein: 2.27g (4.55%), Copper: 0.47mg (23.41%), Manganese: 0.47mg (23.38%), Magnesium: 61.85mg (15.46%), Fiber: 3.79g (15.14%), Iron: 1.91mg (10.64%), Phosphorus: 89.54mg (8.95%), Zinc: 0.88mg (5.86%), Potassium: 192.11mg (5.49%), Selenium: 2.47µg (3.52%), Calcium: 21.48mg (2.15%), Vitamin B2: 0.03mg (1.96%), Vitamin B3: 0.28mg (1.4%), Vitamin K: 1.2µg (1.14%)