



Chocolate Chai Sherbet



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



176 kcal

DESSERT

Ingredients

- ☐ 8 ounces bittersweet chocolate chopped
- ☐ 3.5 cups chai concentrate (see notes)
- ☐ 0.3 teaspoon ground cardamom
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.8 cup half and half
- ☐ 0.3 cup sugar

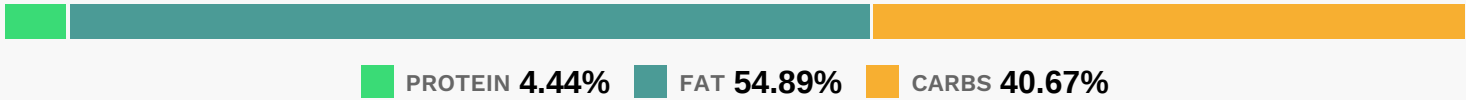
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ ice cream machine

Directions

- ☐ In a 3- to 4-quart pan over high heat, stir chai tea and sugar until boiling.
- ☐ Remove from heat.
- ☐ Whisk in chocolate, cover, and let stand 10 minutes. Uncover; whisk to combine.
- ☐ Whisk in half-and-half and the cinnamon, cardamom, and cloves. Cover and chill until cold, at least 3 hours or up to 1 day.
- ☐ Freeze in an ice cream maker (at least 1 1/2-qt. capacity) according to manufacturer's instructions until machine stops or dasher is hard to turn.
- ☐ Transfer sorbet to an airtight container and freeze until firm, about 3 hours.

Nutrition Facts



Properties

Glycemic Index:8.01, Glycemic Load:3.49, Inflammation Score:-5, Nutrition Score:4.6830434157797%

Flavonoids

Catechin: 1.25mg, Catechin: 1.25mg, Catechin: 1.25mg, Catechin: 1.25mg Epigallocatechin: 6.65mg, Epigallocatechin: 6.65mg, Epigallocatechin: 6.65mg, Epigallocatechin: 6.65mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Epicatechin 3-gallate: 4.84mg, Epicatechin 3-gallate: 4.84mg, Epicatechin 3-gallate: 4.84mg, Epicatechin 3-gallate: 4.84mg Epigallocatechin 3-gallate: 7.73mg, Epigallocatechin 3-gallate: 7.73mg, Epigallocatechin 3-gallate: 7.73mg, Epigallocatechin 3-gallate: 7.73mg Theaflavin: 1.31mg, Theaflavin: 1.31mg, Theaflavin: 1.31mg, Theaflavin: 1.31mg Thearubigins: 67.15mg, Thearubigins: 67.15mg, Thearubigins: 67.15mg, Thearubigins: 67.15mg Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg Theaflavin-3,3'-digallate: 1.45mg, Theaflavin-3,3'-digallate: 1.45mg, Theaflavin-3,3'-digallate: 1.45mg, Theaflavin-3,3'-digallate: 1.45mg Theaflavin-3'-gallate: 1.25mg, Theaflavin-3'-gallate: 1.25mg, Theaflavin-3'-gallate: 1.25mg, Theaflavin-3'-gallate: 1.25mg Gallocatechin: 1.03mg, Gallocatechin: 1.03mg, Gallocatechin: 1.03mg, Gallocatechin: 1.03mg

Nutrients (% of daily need)

Calories: 175.58kcal (8.78%), Fat: 10.8g (16.62%), Saturated Fat: 6.28g (39.23%), Carbohydrates: 18g (6%), Net Carbohydrates: 16.13g (5.87%), Sugar: 14.07g (15.63%), Cholesterol: 7.71mg (2.57%), Sodium: 16.02mg (0.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 36.02mg (12.01%), Protein: 1.97g (3.93%), Manganese: 0.53mg (26.73%), Copper: 0.29mg (14.69%), Magnesium: 44.48mg (11.12%), Iron: 1.48mg (8.21%), Phosphorus: 77.21mg (7.72%), Fiber: 1.87g (7.49%), Potassium: 184.5mg (5.27%), Zinc: 0.69mg (4.63%), Selenium: 2.52µg (3.6%), Vitamin B2: 0.06mg (3.47%), Calcium: 34.54mg (3.45%), Vitamin K: 1.96µg (1.86%), Vitamin A: 75.82IU (1.52%), Vitamin B5: 0.13mg (1.3%), Vitamin B12: 0.08µg (1.26%), Vitamin E: 0.18mg (1.23%), Folate: 4.69µg (1.17%), Vitamin B3: 0.21mg (1.06%)