



Chocolate-Mint Sorbet



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



11

CALORIES



159 kcal

DESSERT

Ingredients

- ☐ 4 drops peppermint oil
- ☐ 0.3 cup light-colored corn syrup
- ☐ 4 ounces bittersweet chocolate chopped
- ☐ 1 cup sugar
- ☐ 0.3 cup cocoa unsweetened
- ☐ 4 cups water

Equipment

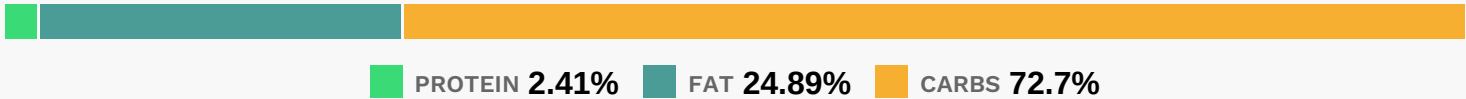
- ☐ bowl

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine the first 3 ingredients in a medium saucepan; bring to a boil. Cook 2 minutes or until sugar dissolves, stirring frequently.
- ☐ Place the cocoa and chocolate in a medium bowl.
- ☐ Pour hot sugar mixture over chocolate mixture; let stand 2 minutes. Stir with a whisk until smooth. Stir in peppermint oil. Cover and chill.
- ☐ 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 4 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:8.1, Glycemic Load:13.82, Inflammation Score:-1, Nutrition Score:2.5213043550434%

Flavonoids

Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg Epicatechin: 3.84mg, Epicatechin: 3.84mg, Epicatechin: 3.84mg, Epicatechin: 3.84mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 159.29kcal (7.96%), Fat: 4.65g (7.16%), Saturated Fat: 2.46g (15.35%), Carbohydrates: 30.6g (10.2%), Net Carbohydrates: 29.05g (10.56%), Sugar: 27.92g (31.02%), Cholesterol: 0.62mg (0.21%), Sodium: 10.73mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 13.36mg (4.45%), Protein: 1.01g (2.03%), Copper: 0.22mg (10.89%), Manganese: 0.21mg (10.62%), Magnesium: 28.83mg (7.21%), Fiber: 1.55g (6.19%), Iron: 0.93mg (5.18%), Phosphorus: 41.15mg (4.11%), Zinc: 0.45mg (3.01%), Potassium: 88.6mg (2.53%), Selenium: 1.31µg (1.87%), Calcium: 12.66mg (1.27%)