

# Chocolate Sorbet

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



200 min.

SERVINGS



3

CALORIES



387 kcal

DESSERT

## Ingredients

- 0.5 cup very cocoa powder good (recommended: Pernigotti)
- 5.5 tablespoons rum / brandy / coffee liqueur (recommended: Tia Maria)
- 0.3 cup espresso grounds brewed (1 shot)
- 0.1 teaspoon ground cinnamon
- 0.1 teaspoon kosher salt
- 1 cup sugar
- 0.3 teaspoon vanilla extract pure
- 2 cups water

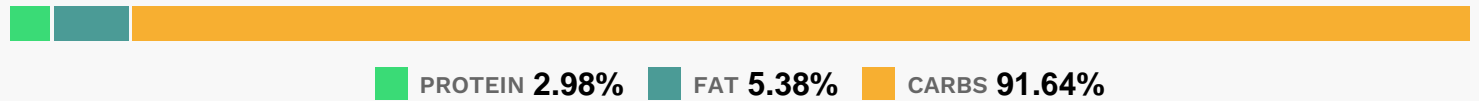
# Equipment

- sauce pan

# Directions

- In a large saucepan, mix the sugar, cocoa powder, vanilla, cinnamon, and salt. Stir in 2 cups water and the espresso. Cook over low heat until the ingredients are dissolved. Off the heat, stir in the coffee liqueur.
- Transfer to plastic containers and refrigerate until very cold.
- Freeze the mixture in an ice cream freezer according to the manufacturer's directions. The sorbet will still be soft; place it in a plastic container and freeze for 1 hour or overnight, until firm enough to scoop.

# Nutrition Facts



# Properties

Glycemic Index:25.03, Glycemic Load:46.54, Inflammation Score:-5, Nutrition Score:6.9065216447672%

# Flavonoids

Catechin: 9.29mg, Catechin: 9.29mg, Catechin: 9.29mg, Catechin: 9.29mg Epicatechin: 28.16mg, Epicatechin: 28.16mg, Epicatechin: 28.16mg, Epicatechin: 28.16mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

# Nutrients (% of daily need)

Calories: 386.61kcal (19.33%), Fat: 2.3g (3.53%), Saturated Fat: 1.2g (7.52%), Carbohydrates: 88.01g (29.34%), Net Carbohydrates: 82.66g (30.06%), Sugar: 79.7g (88.55%), Cholesterol: 0mg (0%), Sodium: 113.45mg (4.93%), Alcohol: 6.08g (100%), Alcohol %: 2.69% (100%), Caffeine: 74.66mg (24.89%), Protein: 2.86g (5.73%), Copper: 0.58mg (29.18%), Manganese: 0.58mg (28.9%), Magnesium: 88.93mg (22.23%), Fiber: 5.35g (21.39%), Iron: 2.06mg (11.44%), Phosphorus: 106.66mg (10.67%), Potassium: 242.69mg (6.93%), Zinc: 1.01mg (6.74%), Vitamin B3: 1.34mg (6.7%), Vitamin B2: 0.08mg (4.85%), Selenium: 2.45µg (3.5%), Calcium: 25.07mg (2.51%), Folate: 4.79µg (1.2%)