

Chocolate Sorbet



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



1

CALORIES



1908 kcal

DESSERT

Ingredients

- ☐ 6 ounce bittersweet finely chopped
- ☐ 0.8 cup dutch-process cocoa powder unsweetened
- ☐ 1 pinch salt
- ☐ 1 cup sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2.3 cup water

Equipment

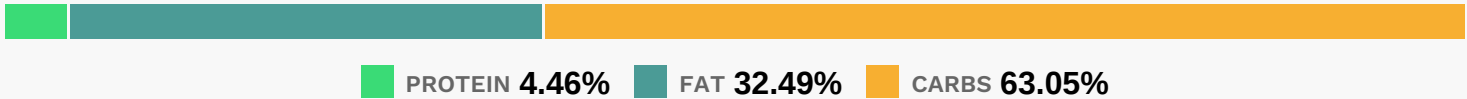
- ☐ sauce pan

- ☐ whisk
- ☐ blender

Directions

- ☐ In a large saucepan, whisk together 1 ½ cups (375 ml) of the water with the sugar, cocoa powder, and salt. Bring to a boil, whisking frequently.
- ☐ Let it boil, continuing to whisk, for 45 seconds.
- ☐ Remove from the heat and stir in the chocolate until it’s melted, then stir in the vanilla extract and the remaining 3/4 cup (180 ml) water.
- ☐ Transfer the mixture to a blender and blend for 15 seconds. Chill the mixture thoroughly, then freeze it in your ice cream maker according to the manufacturer’s instructions. If the mixture has become too thick to pour into your machine, whisk it vigorously to thin it out.

Nutrition Facts



Properties

Glycemic Index:70.09, Glycemic Load:139.62, Inflammation Score:-10, Nutrition Score:36.802173956581%

Flavonoids

Catechin: 41.81mg, Catechin: 41.81mg, Catechin: 41.81mg, Catechin: 41.81mg Epicatechin: 126.7mg, Epicatechin: 126.7mg, Epicatechin: 126.7mg, Epicatechin: 126.7mg Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg

Nutrients (% of daily need)

Calories: 1907.68kcal (95.38%), Fat: 74.64g (114.83%), Saturated Fat: 42.68g (266.75%), Carbohydrates: 325.96g (108.65%), Net Carbohydrates: 288.49g (104.91%), Sugar: 263.42g (292.69%), Cholesterol: 10.21mg (3.4%), Sodium: 98.11mg (4.27%), Alcohol: 0.69g (100%), Alcohol %: 0.09% (100%), Caffeine: 294.63mg (98.21%), Protein: 23.05g (46.11%), Manganese: 4.74mg (237.07%), Copper: 4.67mg (233.4%), Magnesium: 626.79mg (156.7%), Fiber: 37.47g (149.89%), Iron: 19.82mg (110.1%), Phosphorus: 915.8mg (91.58%), Zinc: 8.98mg (59.84%), Potassium: 1951.82mg (55.77%), Selenium: 24.71µg (35.3%), Calcium: 206.23mg (20.62%), Vitamin B2: 0.28mg (16.39%), Vitamin B3: 2.84mg (14.2%), Vitamin K: 13.86µg (13.2%), Vitamin E: 1.07mg (7.12%), Vitamin B1: 0.1mg (7%), Vitamin B5: 0.67mg (6.75%), Vitamin B6: 0.13mg (6.72%), Folate: 20.64µg (5.16%), Vitamin B12: 0.31µg (5.1%), Vitamin A: 85.05IU (1.7%)