



## Easy Chocolate Sherbet

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



125 min.

SERVINGS



2

CALORIES



505 kcal

DESSERT

### Ingredients

- 2 tablespoons amaretto flavored (almond liqueur)
- 1 cup sugar
- 0.8 cup cocoa powder unsweetened
- 1.5 cups water

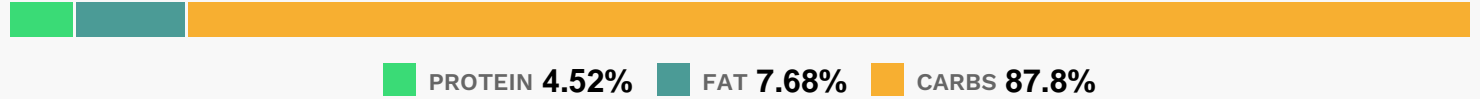
### Equipment

- bowl
- whisk

## Directions

- In a medium bowl, whisk together sugar, cocoa, water, and amaretto until smooth.
- Pour mixture into an ice cream freezer container, and follow the manufacturer's instructions to freeze.

## Nutrition Facts



## Properties

Glycemic Index:35.05, Glycemic Load:69.81, Inflammation Score:-7, Nutrition Score:13.984782649771%

## Flavonoids

Catechin: 20.9mg, Catechin: 20.9mg, Catechin: 20.9mg, Catechin: 20.9mg Epicatechin: 63.35mg, Epicatechin: 63.35mg, Epicatechin: 63.35mg, Epicatechin: 63.35mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg

## Nutrients (% of daily need)

Calories: 504.73kcal (25.24%), Fat: 4.78g (7.36%), Saturated Fat: 2.62g (16.37%), Carbohydrates: 123.1g (41.03%), Net Carbohydrates: 111.17g (40.43%), Sugar: 105.19g (116.88%), Cholesterol: 0mg (0%), Sodium: 17.84mg (0.78%), Alcohol: 3.9g (100%), Alcohol %: 1.52% (100%), Caffeine: 78.07mg (26.03%), Protein: 6.34g (12.67%), Copper: 1.26mg (63.18%), Manganese: 1.24mg (62.2%), Fiber: 11.93g (47.73%), Magnesium: 163.15mg (40.79%), Iron: 4.54mg (25.23%), Phosphorus: 237.62mg (23.76%), Zinc: 2.23mg (14.86%), Potassium: 496.7mg (14.19%), Selenium: 5.26µg (7.51%), Vitamin B2: 0.1mg (5.8%), Calcium: 47.75mg (4.78%), Vitamin B3: 0.72mg (3.62%), Folate: 10.32µg (2.58%), Vitamin B6: 0.04mg (1.9%), Vitamin B1: 0.03mg (1.72%)