



Fresh Orange Sorbet with Bittersweet Chocolate

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



160 kcal

DESSERT

Ingredients

- 1 ounce bittersweet chocolate grated
- 1.5 cups orange juice fresh (5 oranges)
- 4 cranberry-orange relish chopped
- 0.5 cup sugar
- 1 cup water

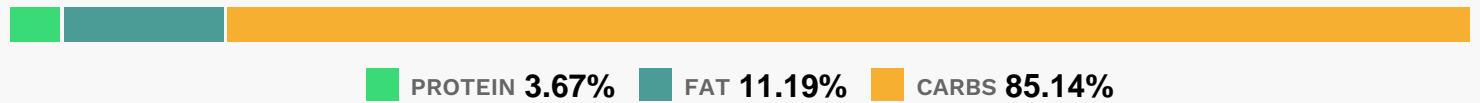
Equipment

- bowl

Directions

- Combine juice and sugar in a large bowl, stirring until sugar dissolves.
- Add oranges and water.
- Pour orange 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 1 hour or until firm.
- Garnish with bittersweet chocolate.

Nutrition Facts



Properties

Glycemic Index:27.43, Glycemic Load:18.41, Inflammation Score:-6, Nutrition Score:8.1073913166057%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 31.21mg, Hesperetin: 31.21mg, Hesperetin: 31.21mg, Hesperetin: 31.21mg Naringenin: 14.71mg, Naringenin: 14.71mg, Naringenin: 14.71mg, Naringenin: 14.71mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 160.47kcal (8.02%), Fat: 2.09g (3.22%), Saturated Fat: 1.07g (6.68%), Carbohydrates: 35.83g (11.94%), Net Carbohydrates: 33.23g (12.08%), Sugar: 31.74g (35.27%), Cholesterol: 0.28mg (0.09%), Sodium: 3.23mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.06mg (1.35%), Protein: 1.54g (3.09%), Vitamin C: 77.46mg (93.89%), Folate: 44.8µg (11.2%), Fiber: 2.6g (10.39%), Vitamin B1: 0.13mg (8.89%), Potassium: 309.2mg (8.83%), Copper: 0.13mg (6.65%), Vitamin A: 322.86IU (6.46%), Magnesium: 24.26mg (6.07%), Manganese: 0.09mg (4.69%), Calcium: 46.03mg (4.6%), Vitamin B6: 0.08mg (3.94%), Phosphorus: 35.05mg (3.51%), Vitamin B5: 0.35mg (3.5%), Vitamin B2: 0.06mg (3.47%), Iron: 0.52mg (2.88%), Vitamin B3: 0.53mg (2.67%), Zinc: 0.22mg (1.49%), Selenium: 1µg (1.42%), Vitamin E: 0.21mg (1.4%)