



Scooped: Really Dark Chocolate Sorbet



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



480 min.

SERVINGS



3

CALORIES



1057 kcal

DESSERT

Ingredients

- ☐ 12 oz chocolate dark 70% finely chopped (at least cocoa solids)
- ☐ 6 egg yolk
- ☐ 1 tablespoon coffee instant
- ☐ 1 cup sugar
- ☐ 24 oz water

Equipment

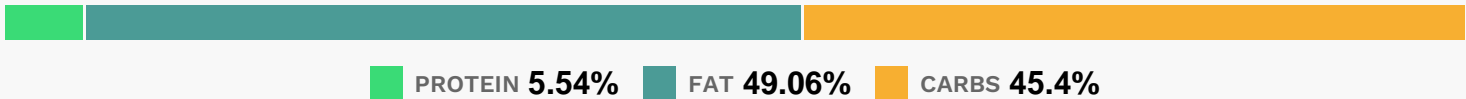
- ☐ bowl
- ☐ ladle

- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ spatula
- ☐ ice cream machine

Directions

- ☐ Combine 3 tablespoons of water and 3/4 cup of sugar over medium heat until light golden caramel color is achieved. Reduce heat to low and add remaining water (sugar will sputter) and instant coffee.
- ☐ Whisk egg yolks with remaining 1/4 cup sugar until pale yellow.
- ☐ Whisking constantly, add one ladle of hot sugar mixture to eggs in slow steady stream.
- ☐ Whisking constantly, slowly pour egg mixture into pot with hot sugar mixture.
- ☐ Heat over low heat whisking constantly until thick enough to coat back of spoon.
- ☐ Pour through sieve into heatproof bowl with chopped chocolate.
- ☐ Mix with rubber spatula until fully incorporated.
- ☐ Cool mixture in refrigerator at least 4 hours. Spin ice cream in ice cream machine according to manufacturer's instructions.

Nutrition Facts



Properties

Glycemic Index:31.03, Glycemic Load:55.67, Inflammation Score:-7, Nutrition Score:29.906956216563%

Nutrients (% of daily need)

Calories: 1056.59kcal (52.83%), Fat: 58.1g (89.39%), Saturated Fat: 31.21g (195.07%), Carbohydrates: 121g (40.33%), Net Carbohydrates: 108.64g (39.5%), Sugar: 93.94g (104.38%), Cholesterol: 392.2mg (130.73%), Sodium: 52.58mg (2.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 143.05mg (47.68%), Protein: 14.76g (29.52%), Manganese: 2.26mg (113%), Copper: 2.07mg (103.68%), Iron: 14.58mg (81.02%), Magnesium: 268.07mg (67.02%), Phosphorus: 494.72mg (49.47%), Fiber: 12.36g (49.44%), Selenium: 28.48µg (40.69%), Zinc: 4.62mg (30.78%), Potassium: 910.37mg (26.01%), Vitamin B2: 0.29mg (17.2%), Vitamin B12: 1.02µg (16.99%), Vitamin B5: 1.55mg

(15.52%), Calcium: 139.04mg (13.9%), Folate: 52.56µg (13.14%), Vitamin D: 1.94µg (12.96%), Vitamin A: 563.35IU (11.27%), Vitamin E: 1.6mg (10.65%), Vitamin B6: 0.17mg (8.48%), Vitamin B3: 1.67mg (8.37%), Vitamin K: 8.56µg (8.15%), Vitamin B1: 0.1mg (6.8%)