



## Vegan Chocolate Sorbetto



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



8

CALORIES



243 kcal

SIDE DISH

## Ingredients

- ☐ 3 cups water
- ☐ 1.5 cups sugar
- ☐ 4 ounces chocolate dark 60% finely chopped (at least cacao)
- ☐ 0.5 cup cocoa powder
- ☐ 1 teaspoon rum dark
- ☐ 0.3 teaspoon vanilla extract

## Equipment

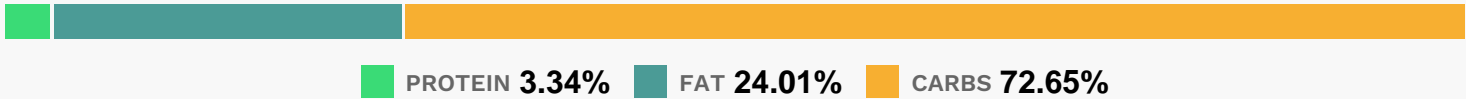
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ ice cream machine

## Directions

- ☐ In a medium saucepan, whisk together the water and sugar.
- ☐ Place the pan over medium-high heat and bring the mixture to a boil, whisking often to dissolve the sugar.
- ☐ Reduce the heat to medium-low and simmer for 4 minutes, continuing to whisk until all the sugar is dissolved.
- ☐ Remove the pan from the heat and add the chopped chocolate.
- ☐ Whisk until the chocolate is completely melted.
- ☐ Add the cocoa powder and whisk until incorporated and the mixture is smooth.
- ☐ Whisk in the rum and vanilla.
- ☐ Pour the mixture through a fine-mesh strainer into a clean bowl.
- ☐ Let cool, checking in to stir often.
- ☐ Once cooled, cover and refrigerate the mixture until very cold, at least 4 hours or overnight.
- ☐ Churn the mixture in your ice cream maker according to the manufacturer's instructions.
- ☐ Transfer the sorbetto to an airtight container and freeze for at least 2 hours before serving.

## Nutrition Facts



## Properties

Glycemic Index:13.51, Glycemic Load:27.32, Inflammation Score:-3, Nutrition Score:5.3299999904373%

## Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 243.2kcal (12.16%), Fat: 6.9g (10.61%), Saturated Fat: 3.9g (24.41%), Carbohydrates: 46.98g (15.66%), Net Carbohydrates: 43.45g (15.8%), Sugar: 40.94g (45.48%), Cholesterol: 0.43mg (0.14%), Sodium: 8.79mg (0.38%), Alcohol: 0.25g (100%), Alcohol %: 0.22% (100%), Caffeine: 23.7mg (7.9%), Protein: 2.16g (4.32%), Manganese: 0.48mg (24.21%), Copper: 0.47mg (23.55%), Magnesium: 60.04mg (15.01%), Fiber: 3.53g (14.14%), Iron: 2.45mg (13.63%), Phosphorus: 83.14mg (8.31%), Zinc: 0.85mg (5.65%), Potassium: 184mg (5.26%), Selenium: 1.96µg (2.8%), Calcium: 20.28mg (2.03%), Vitamin B2: 0.03mg (1.84%), Vitamin B3: 0.27mg (1.34%), Vitamin K: 1.17µg (1.11%)