



White Chocolate Sorbet with Warm Clementine Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



359 kcal

DESSERT

Ingredients

- ☐ 5 ounces premium chocolate white chopped
- ☐ 3 cups clementine sections (3 clementines)
- ☐ 0.5 cup clementine juice (5 clementines)
- ☐ 1 teaspoon cornstarch
- ☐ 0.5 cup juice of lemon fresh
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.8 cup sugar

- ☐ 2 teaspoons sugar
- ☐ 0.3 teaspoon vanilla extract
- ☐ 0.3 cup water
- ☐ 1 tablespoon water
- ☐ 2.5 cups water

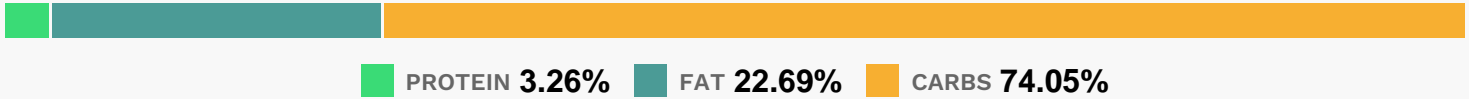
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ To prepare sorbet, bring 1/2 cup clementine juice to a boil in a small saucepan. Reduce heat; simmer until reduced to 1/4 cup (about 12 minutes).
- ☐ Place chocolate in a large bowl.
- ☐ Combine 2 1/2 cups water and 3/4 cup sugar in a small saucepan; bring to a boil. Cook 1 minute; remove from heat.
- ☐ Pour over chocolate; let stand 2 minutes. Stir gently with a whisk until smooth.
- ☐ Add reduced clementine juice, 1/2 cup lemon juice, and vanilla to chocolate mixture, stirring well. Cool completely.
- ☐ Pour 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.
- ☐ To prepare sauce, combine 1 tablespoon water and cornstarch in a small bowl, stirring well with a whisk.
- ☐ Combine 1/2 cup clementine juice, 1/4 cup water, 2 teaspoons sugar, and 1 teaspoon lemon juice in a small saucepan; bring to a simmer.
- ☐ Add the cornstarch mixture to the juice mixture, and bring to a boil. Cook 1 minute or until thickened, stirring constantly.
- ☐ Remove from heat, and gently stir in clementine sections. Cover and let stand 2 minutes.
- ☐ Serve sauce warm with sorbet.

Nutrition Facts



Properties

Glycemic Index:56.04, Glycemic Load:44.02, Inflammation Score:-4, Nutrition Score:9.5334782704063%

Flavonoids

Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 7.9mg, Hesperetin: 7.9mg, Hesperetin: 7.9mg, Hesperetin: 7.9mg Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 359.49kcal (17.97%), Fat: 9.52g (14.65%), Saturated Fat: 5.52g (34.47%), Carbohydrates: 69.96g (23.32%), Net Carbohydrates: 67.36g (24.49%), Sugar: 64.4g (71.56%), Cholesterol: 5.95mg (1.98%), Sodium: 34.46mg (1.5%), Alcohol: 0.07g (100%), Alcohol %: 0.02% (100%), Protein: 3.08g (6.17%), Vitamin C: 86.51mg (104.86%), Potassium: 403.4mg (11.53%), Calcium: 109.31mg (10.93%), Vitamin B1: 0.16mg (10.68%), Folate: 42.37µg (10.59%), Fiber: 2.6g (10.4%), Phosphorus: 85.26mg (8.53%), Vitamin B2: 0.14mg (8.09%), Vitamin B6: 0.14mg (7.22%), Vitamin B3: 1.16mg (5.81%), Magnesium: 22.46mg (5.62%), Copper: 0.11mg (5.61%), Vitamin B5: 0.45mg (4.51%), Vitamin E: 0.63mg (4.18%), Vitamin B12: 0.16µg (2.65%), Vitamin K: 2.58µg (2.46%), Manganese: 0.05mg (2.45%), Selenium: 1.67µg (2.38%), Zinc: 0.33mg (2.21%), Iron: 0.35mg (1.97%), Vitamin A: 72.52IU (1.45%)