



# SUGAR-FREE CHOCOLATE



## SUGAR-FREE CHOCOLATE IN DROPS BITTER CHOCOLATE-70

MALTITOL BASED  
WITH NO ADDED SUGARS AND GLUTEN-FREE

700g e



4.9 kcal/g

### SUGAR-FREE BITTER CHOCOLATE-70 IN DROPS

MALTITOL BASED

With 8% less calories than any other chocolate made of 70% cacao, BITTER CHOCOLATE - 70 has been traditionally manufactured and takes pride of its artisan quality with the same amount of cacao as chocolate with sugar, but using maltitol as a substitute. It can be added to all kinds of confectionery and ice cream products: icings, coatings, truffles, chocolates, mousses, ice creams, etc.

#### THIS PRODUCT IS:

sugar-free, gluten-free, egg-free and fructose-free

#### IT IS ALSO SUITABLE FOR:

diabetics, coeliacs, vegetarians and for people following weight control diets.

#### COMPOSITION:

Cocoa paste, maltitol E965, cocoa butter, soluble fibre, cocoa powder 10%-12% fat, soy lecithin E322 and vanillin.

#### NUTRITION INFORMATION PER 100g:

490 kcal/100g. Carbohydrates: 26% [22% of them are polyols]. Other hydrates: 2%. Nutritional fibres: 18%.

Fat: 42% [Saturated fat: 25%]. Protein: 7.5%. Soy lecithin: 0.5%. Sodium: 0.03%.

'Excessive consumption may cause a laxative effect'. It contains only cocoa butter.

It may have traces of lactose and nuts. It contains soy lecithin.

LOW Glycemic index = 10.

#### MORE INFORMATION:

<http://www.dayelet.co.uk/bitter-chocolate-70.html>

### SUGAR-FREE, GLUTEN-FREE, EGG-FREE AND FRUCTOSE-FREE.

In order to prepare desserts with BITTER CHOCOLATE-70, it is not necessary to modify the ingredients or the weights of the original recipe, you only need to substitute the weight of the chocolate with sugar for the weight of BITTER CHOCOLATE-70, and it will provide the same texture and sweetness. The result will be less calories and a lower glycemic index.



Emulift Ibérica, s.l.  
c/ Copérnico, 40 n.4  
08784 Piera (Barcelona).  
Reg. Sanitario: 31.25/B.



# SUGAR-FREE RECIPES



## Sugar-free Recipes Swiss style chocolate

| Ingredients   | 100%   |
|---|--------|
| 500 g whole milk  | 51.30% |
| 50 g <b>DAYELET SEMIFREDDOS</b>   | 5.10%  |
| 25 g butter   | 2.60%  |
| 100 g <b>DAYELET BITTER CHOCOLATE-70</b> or <b>DAYELET BLACK CHOCOLATE-50</b> in drops (sugar-free chocolate) | 1.00%  |
| 10 g corn starch  | 25.60% |
| 250 g double cream – 35% fat  | 4.10%  |
| 40 g <b>DAYELET SEMIFREDDOS</b>   |        |

Nutrition Information:  
Carbohydrates: 18.1%. Fat: 16.4%. Protein: 2.9%.  
Kcal./100 g: 210 (23 less calories).  
Calorie reduction: 10%. Glycemic Index: 25.



More recipes in [www.dayelet.com/recipes](http://www.dayelet.com/recipes)

**SF, GF PI = 150 g RDI = 100 g CP = 2 P**

SF: Sugar-free      P: Portion      GI: Glycemic Index  
FF: Fat-free      PI: Portion Intake      LF: Lactose-free  
CF: Cholesterol-free      RDI: Recommended Daily      CP: Carbohydrate Portion  
GF: Gluten-free      intake per person

### Preparation method

Pour the milk (400g) into a saucepan, add **DAYELET SEMIFREDDOS** (50 g) and the butter, stirring until the mix is smooth.

Once the milk is boiling, add the sugar-free chocolate and keep stirring until it melts (if the chocolate has been previously melted in the microwave, there is no need to bring it to boil).

After the chocolate is completely dissolved, bring the mix to boil again and add the corn starch previously dissolved in 100 g of milk.

Stir without a stop until the chocolate has the desired consistency. In a bowl, whip 250 g of double cream with 40g of

**DAYELET SEMIFREDDOS**. Pour the hot chocolate into the cups and top with the double cream.



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