

Affogato al Caffè

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



402 kcal

SIDE DISH

Ingredients

- 6 egg yolks
- 3 ounces very strong espresso
- 2 cups heavy cream
- 8 cups strong decaffeinated coffee cooled
- 1 cup sugar
- 0.3 cup cocoa powder unsweetened
- 1 tablespoon vanilla extract
- 2.5 cups milk whole

Equipment

- sauce pan
- mixing bowl
- ice cream machine

Directions

- In a 3-quart saucepan bring the milk to a boil over medium-high heat.
- Remove from heat and add the espresso.
- In a mixing bowl, beat the yolks until pale yellow. Gradually add the sugar and beat until light yellow ribbons form when the beaters are lifted. Stir in half of the hot milk, then stir in the remaining milk. Cook over low heat without boiling until the mixture coats the back of a spoon thickly and sets slightly, about 4 to 5 minutes. Stir in the vanilla and chill for 1/2 hour.
- Whip 1 1/2 cups of the cream to stiff peaks and fold into the custard mixture.
- Transfer to an ice cream machine and freeze according to manufacturer's instructions. (The semifreddo can be made up to 2 weeks in advance).
- Whip the remaining 1/2 cup cream to soft peaks.
- Place 1 scoop of semifreddo in each of eight tall glasses.
- Pour 1 cup of cooled coffee over each scoop, dollop with whipped cream, and dust with cocoa.
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Nutrition Facts



Properties

Glycemic Index:13.51, Glycemic Load:18.81, Inflammation Score:-6, Nutrition Score:10.286956578493%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 5.37mg, Epicatechin:

5.37mg, Epicatechin: 5.37mg, Epicatechin: 5.37mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 401.9kcal (20.1%), Fat: 28.01g (43.1%), Saturated Fat: 16.62g (103.9%), Carbohydrates: 32.57g (10.86%), Net Carbohydrates: 31.58g (11.48%), Sugar: 30.68g (34.09%), Cholesterol: 222.18mg (74.06%), Sodium: 58.71mg (2.55%), Alcohol: 0.56g (100%), Alcohol %: 0.17% (100%), Caffeine: 123.52mg (41.17%), Protein: 7.16g (14.32%), Vitamin B2: 0.5mg (29.42%), Vitamin A: 1192.85IU (23.86%), Phosphorus: 191.85mg (19.19%), Vitamin D: 2.52µg (16.8%), Selenium: 11.33µg (16.18%), Calcium: 159.29mg (15.93%), Vitamin B5: 1.45mg (14.52%), Vitamin B12: 0.77µg (12.84%), Magnesium: 43.21mg (10.8%), Potassium: 357.73mg (10.22%), Manganese: 0.18mg (8.94%), Vitamin B1: 0.11mg (7.59%), Folate: 27.8µg (6.95%), Zinc: 1.01mg (6.71%), Copper: 0.13mg (6.63%), Vitamin E: 0.96mg (6.41%), Vitamin B6: 0.12mg (6.04%), Vitamin B3: 1.19mg (5.97%), Iron: 0.85mg (4.74%), Fiber: 0.99g (3.98%), Vitamin K: 2.54µg (2.42%)