

Avocado Gelato



Vegetarian



Gluten Free

READY IN



4500 min.

SERVINGS



2

CALORIES



791 kcal

DESSERT

Ingredients

- ☐ 2 firm-ripe california avocados ()
- ☐ 2 tablespoons cornstarch
- ☐ 3 inch orange zest fresh
- ☐ 0.8 cup sugar
- ☐ 2 cups milk whole
- ☐ 1 C vitamin c tablet crushed (500-mg)
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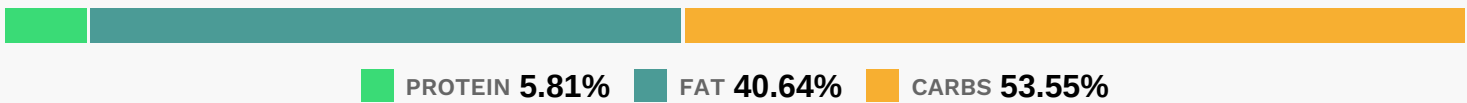
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ ice cream machine

Directions

- ☐ Bring 1 3/4 cups milk, 1/2 cup sugar, zest, and a pinch of salt to a simmer in a 2-quart heavy saucepan over moderate heat.
- ☐ Whisk together cornstarch and remaining 1/4 cup milk in a small bowl until smooth, then whisk into simmering milk. Bring to a boil, whisking constantly, and boil 1 minute.
- ☐ Transfer mixture to a metal bowl, then set bowl in a larger bowl of ice and cold water and cool completely, stirring frequently. Discard zest.
- ☐ Quarter, pit, and peel avocados, then purée with vitamin C and remaining 1/4 cup sugar in a food processor until smooth.
- ☐ Add milk mixture and blend well.
- ☐ Freeze avocado mixture in ice cream maker.
- ☐ Transfer to an airtight container and freeze until hardened, about 1 hour.
- ☐ Ice cream can be made 1 week ahead.

Nutrition Facts



Properties

Glycemic Index:74.05, Glycemic Load:58.16, Inflammation Score:-8, Nutrition Score:25.663478415945%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg

Nutrients (% of daily need)

Calories: 790.93kcal (39.55%), Fat: 37.61g (57.86%), Saturated Fat: 8.82g (55.13%), Carbohydrates: 111.49g (37.16%), Net Carbohydrates: 97.55g (35.47%), Sugar: 87.91g (97.68%), Cholesterol: 29.28mg (9.76%), Sodium: 108.37mg (4.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.1g (24.2%), Fiber: 13.94g (55.77%), Folate: 163.95µg (40.99%), Vitamin K: 42.94µg (40.9%), Potassium: 1350.67mg (38.59%), Vitamin B5: 3.72mg (37.21%), Vitamin B2: 0.62mg (36.22%), Phosphorus: 352.8mg (35.28%), Vitamin B6: 0.67mg (33.61%), Calcium: 331.28mg (33.13%), Vitamin C: 25.28mg (30.64%), Vitamin E: 4.29mg (28.61%), Magnesium: 88.65mg (22.16%), Vitamin B12: 1.32µg (21.96%), Copper: 0.4mg (19.85%), Vitamin B3: 3.79mg (18.94%), Vitamin B1: 0.28mg (18.39%), Vitamin D: 2.68µg (17.89%), Zinc: 2.31mg (15.39%), Manganese: 0.3mg (15.12%), Vitamin A: 704.74IU (14.09%), Selenium: 6.15µg (8.79%), Iron: 1.21mg (6.73%)