



Cappuccino Gelato



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



240 kcal

Ingredients

- ☐ 2.5 tablespoons cornstarch
- ☐ 2 large egg yolks lightly beaten
- ☐ 0.8 cup half-and-half fat-free
- ☐ 2 tablespoons espresso granules instant
- ☐ 2.5 cups milk 2% reduced-fat
- ☐ 0.1 teaspoon salt
- ☐ 14 ounce condensed milk fat-free sweetened canned
- ☐ 2 teaspoons vanilla extract

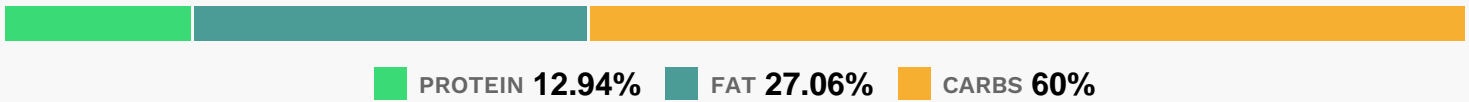
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ kitchen thermometer

Directions

- ☐ Combine cornstarch and espresso granules in a large saucepan; gradually add milk, stirring with a whisk until well blended. Bring to a boil over medium heat, and cook 1 minute or until slightly thick, stirring constantly.
- ☐ Remove from heat. Gradually whisk about one-fourth of hot coffee mixture into egg yolks, and add to remaining hot coffee mixture, whisking constantly. Cook over medium-low heat 2 minutes or until a thermometer reaches 160, stirring constantly.
- ☐ Remove from heat.
- ☐ Pour coffee mixture into a bowl; stir in sweetened condensed milk and remaining ingredients. Cover and chill 8 hours or overnight.
- ☐ Pour mixture into the freezer can of 4-quart ice-cream freezer, and freeze according to manufacturer's instructions.
- ☐ Gelato (jeh-LAH-toh) is the Italian word for "ice cream."

Nutrition Facts



Properties

Glycemic Index:7.63, Glycemic Load:16.46, Inflammation Score:-3, Nutrition Score:7.5852173813011%

Nutrients (% of daily need)

Calories: 239.68kcal (11.98%), Fat: 7.22g (11.11%), Saturated Fat: 4.25g (26.53%), Carbohydrates: 36.02g (12.01%), Net Carbohydrates: 36g (13.09%), Sugar: 31.98g (35.53%), Cholesterol: 69.77mg (23.26%), Sodium: 158.95mg (6.91%), Alcohol: 0.34g (100%), Alcohol %: 0.28% (100%), Caffeine: 39.25mg (13.08%), Protein: 7.77g (15.54%), Calcium: 258.06mg (25.81%), Phosphorus: 247.52mg (24.75%), Vitamin B2: 0.42mg (24.68%), Selenium: 12.44µg (17.76%), Vitamin B12: 0.81µg (13.45%), Potassium: 383.33mg (10.95%), Vitamin B5: 0.86mg (8.65%), Zinc: 1.1mg (7.36%), Magnesium: 29.05mg (7.26%), Vitamin B1: 0.09mg (6.23%), Vitamin A: 278.49IU (5.57%), Vitamin B6: 0.08mg (4.13%), Folate: 16.23µg (4.06%), Vitamin B3: 0.56mg (2.79%), Vitamin D: 0.33µg (2.19%), Manganese:

0.04mg (2.06%), Vitamin C: 1.59mg (1.93%), Iron: 0.29mg (1.63%), Vitamin E: 0.22mg (1.47%), Copper: 0.02mg (1.12%)