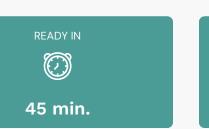


Chocolate-Cinnamon Gelato with Toffee Bits

Gluten Free







DESSERT

Ingredients

2 tablespoons cornstarch
1.3 teaspoons ground cinnamon
0.5 cup heavy whipping cream chilled
1 pinch salt
5 ounces bittersweet chocolate unsweetened finely chopped (not)
0.5 cup sugar
0.3 cup coarsely toffee candy crushed (such as Skor, Heath bar, or Almond Roca)
2 cups milk whole divided

Equipment		
	bowl	
	sauce pan	
	whisk	
	ice cream machine	
Directions		
	Whisk sugar, cornstarch, cinnamon, and salt in heavy medium saucepan until blended. Gradually add 1/4 cup milk, whisking until cornstarch is dissolved.	
	Whisk in remaining 13/4 cups milk.	
	Whisk over medium-high heat until mixture thickens and comes to boil, about 6 minutes. Reduce heat to medium and cook 1 minute longer, whisking occasionally.	
	Remove from heat; add chocolate.	
	Let stand 1 minute, then whisk until melted and smooth.	
	Transfer gelato base to medium bowl.	
	Mix in cream.	
	Place bowl over large bowl filled with ice and water and cool, stirring often, about 30 minutes.	
	Process gelato base in ice cream maker according to manufacturer's instructions, adding toffee during last minute of churning.	
	Transfer to container; cover. Freeze at least 3 hours and up to 2 days.	
	Nutrition Facts	
	PROTEIN 4.93% FAT 51.34% CARBS 43.73%	

Properties

Glycemic Index:37.7, Glycemic Load:26.17, Inflammation Score:-6, Nutrition Score:14.732608805532%

Nutrients (% of daily need)

Calories: 797.39kcal (39.87%), Fat: 46.31g (71.24%), Saturated Fat: 26.84g (167.76%), Carbohydrates: 88.74g (29.58%), Net Carbohydrates: 83.85g (30.49%), Sugar: 75.51g (83.9%), Cholesterol: 73.22mg (24.41%), Sodium:

182.81mg (7.95%), Alcohol: Og (100%), Alcohol %: O% (100%), Caffeine: 40.63mg (13.54%), Protein: 10.01g (20.03%), Manganese: 0.78mg (39.13%), Phosphorus: 311.37mg (31.14%), Copper: 0.6mg (30.17%), Calcium: 265.67mg (26.57%), Magnesium: 106.12mg (26.53%), Fiber: 4.88g (19.53%), Vitamin B2: 0.33mg (19.35%), Vitamin A: 872.7IU (17.45%), Iron: 3.14mg (17.43%), Vitamin B12: 1.03μg (17.12%), Vitamin D: 2.42μg (16.16%), Potassium: 554.01mg (15.83%), Zinc: 2.04mg (13.57%), Selenium: 8.62μg (12.32%), Vitamin B5: 0.85mg (8.53%), Vitamin B1: 0.11mg (7.62%), Vitamin B6: 0.13mg (6.52%), Vitamin K: 5.42μg (5.16%), Vitamin E: 0.74mg (4.96%), Vitamin B3: 0.6mg (3.02%)