



WHATSheATE



Chocolate-Cinnamon Gelato with Toffee Bits

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



797 kcal

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

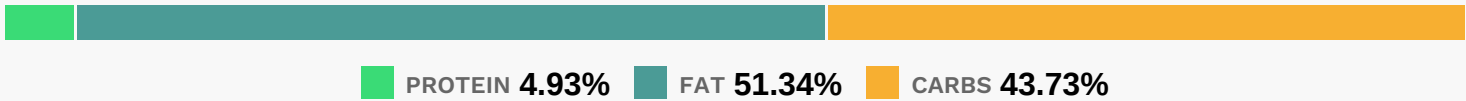
Equipment

- ☐ 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 1 3/4 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



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 %: 0% (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%)