



## Chocolate Gelato

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



960 kcal

DESSERT

### Ingredients

- 2 ounces bittersweet chocolate unsweetened (not )
- 4 large egg yolk
- 0.8 cup caster sugar
- 0.3 cup cup heavy whipping cream
- 1 cup cocoa powder unsweetened
- 2.3 cups milk whole

### Equipment

- bowl

- frying pan
- sauce pan
- whisk
- sieve
- hand mixer
- kitchen thermometer

## Directions

- Coarsely chop chocolate. In a 2-quart heavy saucepan bring milk, cream, and about half of sugar just to a simmer, stirring until sugar is dissolved.
- Remove pan from heat and add cocoa powder and chocolate, whisking until chocolate is melted and mixture is smooth.
- Have ready a large bowl of ice and cold water. In a bowl with an electric mixer beat yolks and remaining sugar until thick and pale.
- Add hot chocolate mixture in a slow stream, whisking, and pour into saucepan. Cook custard over moderately low heat, stirring constantly, until a thermometer registers 170°F. (Do not let boil.)
- Pour custard through a sieve into a metal bowl set in ice and cold water and cool. Chill custard, covered, until cold.
- Freeze custard in an ice-cream maker.
- Transfer to an airtight container and put in freezer to harden, 1 to 3 hours.

## Nutrition Facts



**PROTEIN 9.67%** **FAT 41.57%** **CARBS 48.76%**

## Properties

Glycemic Index:54.05, Glycemic Load:57.23, Inflammation Score:-9, Nutrition Score:39.141739183146%

## Flavonoids

Catechin: 27.87mg, Catechin: 27.87mg, Catechin: 27.87mg, Catechin: 27.87mg Epicatechin: 84.46mg, Epicatechin: 84.46mg, Epicatechin: 84.46mg, Epicatechin: 84.46mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg

## Nutrients (% of daily need)

Calories: 959.98kcal (48%), Fat: 49.11g (75.55%), Saturated Fat: 27.19g (169.95%), Carbohydrates: 129.62g (43.21%), Net Carbohydrates: 111.45g (40.53%), Sugar: 100.56g (111.74%), Cholesterol: 446.66mg (148.89%), Sodium: 143.96mg (6.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 123.28mg (41.09%), Protein: 25.7g (51.4%), Manganese: 2.06mg (102.93%), Copper: 2.02mg (101.1%), Phosphorus: 822.18mg (82.22%), Magnesium: 301.88mg (75.47%), Fiber: 18.18g (72.71%), Selenium: 34.43µg (49.18%), Iron: 8.77mg (48.74%), Calcium: 481.04mg (48.1%), Vitamin B2: 0.76mg (44.98%), Zinc: 5.69mg (37.93%), Vitamin B12: 2.26µg (37.66%), Potassium: 1302.34mg (37.21%), Vitamin D: 5.49µg (36.6%), Vitamin A: 1532.24IU (30.64%), Vitamin B5: 2.34mg (23.36%), Vitamin B6: 0.36mg (18.04%), Vitamin B1: 0.26mg (17.61%), Folate: 64.99µg (16.25%), Vitamin E: 1.59mg (10.6%), Vitamin B3: 1.5mg (7.48%), Vitamin K: 5.45µg (5.19%)