



Chocolate Gelato

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



1872 kcal

DESSERT

Ingredients

- 7 oz bittersweet chocolate unsweetened finely chopped (not)
- 3 tablespoons cornstarch
- 0.3 teaspoon salt
- 0.3 cup sugar
- 3 cups milk whole

Equipment

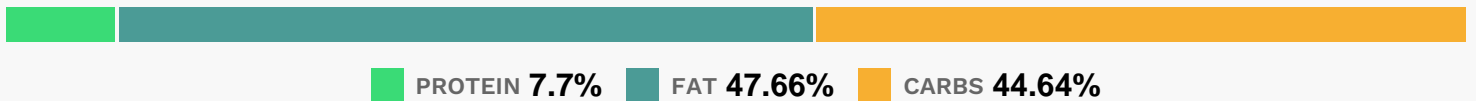
- bowl
- sauce pan

- whisk
- sieve
- wax paper
- ice cream machine

Directions

- Bring 2 1/4 cups milk just to a boil in a 4-quart heavy saucepan over moderate heat. While milk is heating, whisk together sugar, cornstarch, salt, and 1/4 cup (cold) milk in a bowl until smooth, then whisk into boiling milk and bring to a boil over moderate heat, whisking. Boil, whisking frequently, 3 minutes (mixture will be very thick).
- Remove from heat.
- Bring remaining 1/2 cup (cold) milk just to a boil in a 1-quart heavy saucepan over moderate heat.
- Pour hot milk over chocolate in a bowl and let stand until chocolate is melted, about 1 minute, then whisk until smooth. Stir into cornstarch-milk mixture and force through a fine-mesh sieve into a bowl. Cool slightly, stirring frequently to prevent a skin from forming, then cover surface with wax paper and chill until cold, at least 1 1/2 hours.
- Freeze mixture in ice cream maker, then transfer to an airtight container and freeze until hardened, about 3 hours.
- Let soften 5 minutes before serving.
- Gelato keeps 1 week.

Nutrition Facts



Properties

Glycemic Index:108.09, Glycemic Load:47.9, Inflammation Score:-9, Nutrition Score:49.749130456344%

Nutrients (% of daily need)

Calories: 1872.15kcal (93.61%), Fat: 99.62g (153.26%), Saturated Fat: 57.34g (358.36%), Carbohydrates: 209.91g (69.97%), Net Carbohydrates: 193.82g (70.48%), Sugar: 157.96g (175.51%), Cholesterol: 99.75mg (33.25%), Sodium: 882.03mg (38.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 170.66mg (56.89%), Protein: 36.22g (72.43%), Manganese: 2.67mg (133.75%), Phosphorus: 1258.4mg (125.84%), Copper: 2.5mg (124.99%), Magnesium:

437.84mg (109.46%), Calcium: 1024.74mg (102.47%), Vitamin B12: 4.31µg (71.83%), Iron: 12.68mg (70.47%), Vitamin B2: 1.12mg (65.7%), Fiber: 16.09g (64.37%), Potassium: 2225.03mg (63.57%), Zinc: 8.28mg (55.21%), Vitamin D: 8.05µg (53.68%), Selenium: 31.55µg (45.07%), Vitamin B5: 3.33mg (33.26%), Vitamin B1: 0.47mg (31.56%), Vitamin B6: 0.51mg (25.7%), Vitamin A: 1285.06IU (25.7%), Vitamin K: 16.48µg (15.7%), Vitamin B3: 2.43mg (12.16%), Vitamin E: 1.54mg (10.25%)