



Chocolate Gelato | Achieving Chocolate Bliss



Gluten Free



Popular

READY IN



145 min.

SERVINGS



2

CALORIES



987 kcal

DESSERT

Ingredients

- ☐ 15 g tapioca/arrowroot flour
- ☐ 112 g bittersweet chocolate finely chopped
- ☐ 2 large egg yolk
- ☐ 150 g granulated sugar organic
- ☐ 0.3 tsp sea salt
- ☐ 50 g cocoa powder unsweetened
- ☐ 0.5 tsp vanilla extract
- ☐ 750 ml milk whole organic

Equipment

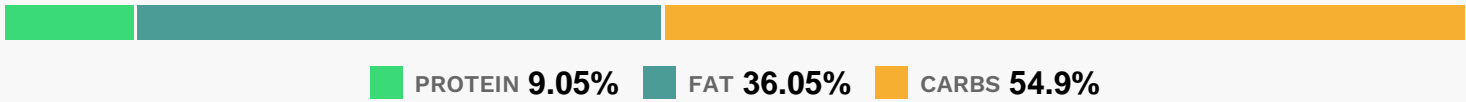
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ double boiler
- ☐ wooden spoon
- ☐ wax paper
- ☐ microwave
- ☐ ice cream machine

Directions

- ☐ Half fill a large bowl with cold water.
- ☐ Add a few handfuls of ice cubes. Set ice bath aside.
- ☐ Place the chopped chocolate in a large bowl and melt over a double boiler or in the microwave, stir until smooth. Set a fine-mesh strainer over the bowl and set aside. In a saucepan, bring the milk to a simmer over medium heat. In a medium bowl, whisk the yolks, the sugar and salt until it thick and slightly paler in color. Sift in the cocoa powder and cornstarch and whisk until a paste forms.
- ☐ Whisking constantly, slowly drizzle half of the hot milk into the cocoa mixture, and whisk until smooth. Return the mixture to the saucepan, whisk to combine and cook over medium heat, stirring constantly with a wooden spoon, until the mixture is thick enough to coat the back of the spoon (about 5 minutes), do not boil. Slowly strain the hot mixture over the reserved melted chocolate.
- ☐ Whisk until the chocolate is completely incorporated and smooth then add the vanilla.
- ☐ Place the bowl in the larger bowl of ice water and stir the mixture occasionally to prevent a skin from forming, then cover the surface with wax paper, and store covered in the refrigerator overnight or for up to 1 day before churning. (The mix is best if it is aged (stored in the refrigerator) overnight. This resting period improves the churning qualities of the mix and improves the body and texture of the gelato.) Freeze the mixture in an ice cream maker.
- ☐ Transfer to an air-tight container and freeze for at least 2 hours before serving.

Let soften for about 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:96.55, Glycemic Load:64.62, Inflammation Score:-9, Nutrition Score:34.970434893732%

Flavonoids

Catechin: 16.2mg, Catechin: 16.2mg, Catechin: 16.2mg, Catechin: 16.2mg Epicatechin: 49.11mg, Epicatechin: 49.11mg, Epicatechin: 49.11mg, Epicatechin: 49.11mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 986.58kcal (49.33%), Fat: 42.01g (64.63%), Saturated Fat: 23.17g (144.83%), Carbohydrates: 143.95g (47.98%), Net Carbohydrates: 129.96g (47.26%), Sugar: 114.68g (127.42%), Cholesterol: 233.37mg (77.79%), Sodium: 457.65mg (19.9%), Alcohol: 0.36g (100%), Alcohol %: 0.08% (100%), Caffeine: 105.66mg (35.22%), Protein: 23.74g (47.48%), Manganese: 1.77mg (88.37%), Copper: 1.67mg (83.63%), Phosphorus: 786.45mg (78.65%), Magnesium: 270.93mg (67.73%), Calcium: 568.4mg (56.84%), Fiber: 13.98g (55.94%), Vitamin B2: 0.73mg (42.73%), Vitamin B12: 2.52µg (42.01%), Iron: 7.54mg (41.91%), Potassium: 1300.11mg (37.15%), Selenium: 25.6µg (36.57%), Zinc: 5.18mg (34.52%), Vitamin D: 5.17µg (34.48%), Vitamin B5: 2.19mg (21.92%), Vitamin B1: 0.28mg (18.94%), Vitamin A: 899.67IU (17.99%), Vitamin B6: 0.34mg (17.23%), Folate: 33.35µg (8.34%), Vitamin B3: 1.43mg (7.14%), Vitamin E: 0.99mg (6.58%), Vitamin K: 5.94µg (5.65%)