



Chocolate Gelato Sandwiches

READY IN



60 min.

SERVINGS



8

CALORIES



233 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon almond extract
- 6 small to 8 brioche rolls split
- 0.5 cup dutch-process cocoa powder
- 0.3 teaspoon kosher salt
- 8 ounces chocolate finely chopped
- 0.8 cup sugar
- 0.5 teaspoon vanilla extract

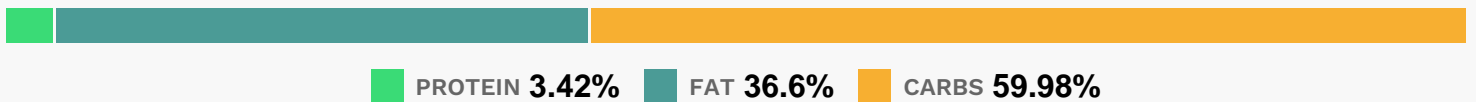
Equipment

- bowl
- sauce pan
- whisk
- blender
- ice cream machine

Directions

- Put the milk chocolate and cocoa in a blender. Bring 2 cups water and the sugar to a simmer in a saucepan, stirring until the sugar dissolves.
- Pour the hot sugar syrup into the blender; cover and pulse 4 or 5 times, until the mixture is smooth but not foamy.
- Add the vanilla and almond extracts and the salt to the blender; pulse once more to combine.
- Transfer to a bowl, cover and refrigerate until very cold, at least 2 hours.
- Whisk the chocolate mixture, then transfer to an ice cream maker and freeze according to the manufacturer's instructions.
- Transfer to an airtight container and freeze until firm, at least 2 hours.
- Fill each roll with a scoop of chocolate gelato and some whipped cream, if desired.
- Photograph by Anna Williams

Nutrition Facts



Properties

Glycemic Index:14.09, Glycemic Load:19.72, Inflammation Score:-3, Nutrition Score:4.6486956179142%

Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 232.83kcal (11.64%), Fat: 10.66g (16.41%), Saturated Fat: 6.22g (38.89%), Carbohydrates: 39.32g (13.11%), Net Carbohydrates: 35.77g (13.01%), Sugar: 33.46g (37.18%), Cholesterol: 1.28mg (0.43%), Sodium: 82mg (3.57%),

Alcohol: 0.17g (100%), Alcohol %: 0.4% (100%), Caffeine: 31.07mg (10.36%), Protein: 2.24g (4.49%), Copper: 0.37mg (18.41%), Manganese: 0.35mg (17.42%), Magnesium: 58.92mg (14.73%), Fiber: 3.55g (14.19%), Iron: 1.55mg (8.6%), Phosphorus: 81.16mg (8.12%), Zinc: 0.79mg (5.29%), Vitamin B2: 0.09mg (5%), Potassium: 165.04mg (4.72%), Selenium: 1.68µg (2.39%), Vitamin K: 1.92µg (1.83%), Vitamin B3: 0.31mg (1.55%), Calcium: 14.4mg (1.44%)