



# Chocolate Hazelnut (Better than Nutella) Gelato

 Vegetarian  Gluten Free  Low Fod Map

READY IN



240 min.

SERVINGS



2

CALORIES



2030 kcal

DESSERT

## Ingredients

- 0.8 cup dutch-processed cocoa powder
- 2 cups half and half
- 3 cups hazelnuts
- 0.8 teaspoon kosher salt
- 2 tablespoons cooking oil neutral flavored
- 1 cup sugar

## Equipment

- food processor
- sieve
- ice cream machine

## Directions

- In a food processor, grind hazelnuts until they form a paste, about 5 minutes. Hazelnuts will first grind into tiny crumbs, then clump into an oily ball, then break down into an oily paste. When they do, oil with processor running and keep running until a smooth paste is formed.
- Add cocoa, sugar, and salt to food processor and pulse until ingredients just begin to combine, about 5 short pulses. Turn on processor and let run until very well combined, about 30 seconds.
- Add half and half to food processor and blend until half and half is well incorporated into hazelnut paste. Taste for seasoning and add salt if necessary.
- Pour mixture through a fine mesh strainer into an airtight container and chill in refrigerator until cold, about 3 hours. Churn in ice cream maker according to manufacturer's instructions.
- Serve immediately as soft serve or let harden in freezer for at least 4 hours to serve as gelato. For longer chilling times, let ice cream soften on counter for 10 minutes or so before serving.

## Nutrition Facts

**PROTEIN 7.43%** **FAT 63.75%** **CARBS 28.82%**

## Properties

Glycemic Index:42.55, Glycemic Load:71.7, Inflammation Score:-10, Nutrition Score:53.192173999289%

## Flavonoids

Cyanidin: 12.08mg, Cyanidin: 12.08mg, Cyanidin: 12.08mg, Cyanidin: 12.08mg Catechin: 23.05mg, Catechin: 23.05mg, Catechin: 23.05mg, Catechin: 23.05mg Epigallocatechin: 5mg, Epigallocatechin: 5mg, Epigallocatechin: 5mg, Epigallocatechin: 5mg Epicatechin: 63.74mg, Epicatechin: 63.74mg, Epicatechin: 63.74mg, Epicatechin: 63.74mg Epigallocatechin 3-gallate: 1.91mg, Epigallocatechin 3-gallate: 1.91mg, Epigallocatechin 3-gallate: 1.91mg, Epigallocatechin 3-gallate: 1.91mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg

## Nutrients (% of daily need)

Calories: 2029.71kcal (101.49%), Fat: 156.01g (240.01%), Saturated Fat: 28.67g (179.21%), Carbohydrates: 158.74g (52.91%), Net Carbohydrates: 129.35g (47.03%), Sugar: 118.17g (131.3%), Cholesterol: 84.7mg (28.23%), Sodium: 1027.45mg (44.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 74.18mg (24.73%), Protein: 40.9g

(81.79%), Manganese: 12.36mg (618.06%), Copper: 4.35mg (217.39%), Vitamin E: 30.09mg (200.58%), Magnesium: 478.55mg (119.64%), Fiber: 29.39g (117.57%), Phosphorus: 988.61mg (98.86%), Vitamin B1: 1.26mg (83.68%), Iron: 13.12mg (72.9%), Vitamin B6: 1.17mg (58.62%), Potassium: 2035.82mg (58.17%), Folate: 220.98µg (55.24%), Calcium: 506.96mg (50.7%), Zinc: 7.56mg (50.42%), Vitamin B2: 0.77mg (45.27%), Vitamin K: 39.49µg (37.61%), Selenium: 17.28µg (24.68%), Vitamin B5: 2.43mg (24.34%), Vitamin B3: 4.21mg (21.03%), Vitamin A: 892.68IU (17.85%), Vitamin C: 13.52mg (16.39%), Vitamin B12: 0.46µg (7.66%)