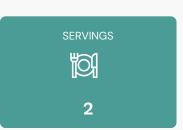


Chocolate Hazelnut (Better than Nutella) Gelato





Vegetarian



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

	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

food processor

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, Catechin: 23.05mg Epigallocatechin: 5mg, Epigallocatechin: 5mg, Epigallocatechin: 5mg, Epigallocatechin: 5mg, Epigallocatechin: 63.74mg, Epicatechin: 63.74mg, Epigallocatechin: 63.74mg, Epigallocatechin: 3-gallate: 1.91mg, Epigallocatechin: 3-gallate: 1.91mg, Epigallocatechin: 3.22mg, 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%)