



Chocolate-Hazelnut Gelato



Vegetarian



Gluten Free

READY IN



175 min.

SERVINGS



8

CALORIES



364 kcal

DESSERT

Ingredients

- ☐ 0.5 cup chocolate-hazelnut spread (recommended: Nutella)
- ☐ 4 egg yolks
- ☐ 0.5 cup hazelnuts crushed toasted for garnish
- ☐ 1 cup heavy cream
- ☐ 0.5 cup sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 cups milk whole

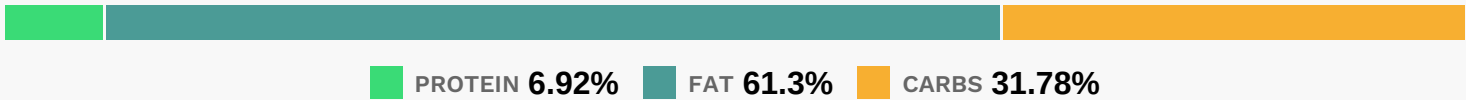
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ hand mixer
- ☐ wooden spoon
- ☐ ice cream machine

Directions

- ☐ Watch how to make this recipe.
- ☐ In a saucepan combine the milk, cream, and 1/2 cup sugar over medium heat. Cook until the sugar dissolves, about 5 minutes.
- ☐ Meanwhile, in a medium bowl whip the egg yolks with the remaining sugar using an electric mixer until the eggs have become thick and pale yellow, about 4 minutes.
- ☐ Pour 1/2 cup of the warm milk and cream mixture into the egg mixture and stir.
- ☐ Add this mixture back into the saucepan. Cook over very low heat, stirring constantly, until the mixture becomes thick enough to coat the back of a wooden spoon, about 7 to 10 minutes.
- ☐ Place a strainer over a medium bowl and pour the warm custard mixture through the strainer. Stir in the vanilla and hazelnut spread until it dissolves. Chill mixture completely before pouring into an ice cream maker and follow manufacturer's instructions to freeze. To serve, scoop gelato into serving bowls and top with hazelnuts.

Nutrition Facts



Properties

Glycemic Index:19.05, Glycemic Load:13.02, Inflammation Score:-4, Nutrition Score:9.5569565840389%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg

Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg

Nutrients (% of daily need)

Calories: 363.74kcal (18.19%), Fat: 25.25g (38.84%), Saturated Fat: 14.5g (90.6%), Carbohydrates: 29.45g (9.82%), Net Carbohydrates: 27.71g (10.08%), Sugar: 26.81g (29.79%), Cholesterol: 138.14mg (46.05%), Sodium: 43.37mg (1.89%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 6.42g (12.83%), Manganese: 0.63mg (31.73%), Vitamin E: 2.59mg (17.28%), Phosphorus: 164.23mg (16.42%), Vitamin B2: 0.23mg (13.56%), Calcium: 135.23mg (13.52%), Vitamin A: 667.99IU (13.36%), Selenium: 8.02µg (11.46%), Copper: 0.23mg (11.44%), Vitamin D: 1.63µg (10.89%), Vitamin B12: 0.6µg (10.05%), Magnesium: 34.11mg (8.53%), Iron: 1.46mg (8.09%), Vitamin B1: 0.12mg (8.01%), Potassium: 257.51mg (7.36%), Vitamin B5: 0.71mg (7.08%), Fiber: 1.74g (6.96%), Vitamin B6: 0.14mg (6.84%), Folate: 25.43µg (6.36%), Zinc: 0.91mg (6.08%), Vitamin K: 2.62µg (2.49%), Vitamin B3: 0.3mg (1.51%)