

# Gelato

 Vegetarian  Gluten Free

READY IN



180 min.

SERVINGS



4

CALORIES



430 kcal

DESSERT

## Ingredients

- 4 egg yolk
- 1 cup cup heavy whipping cream
- 2 cups milk
- 0.5 cup sugar

## Equipment

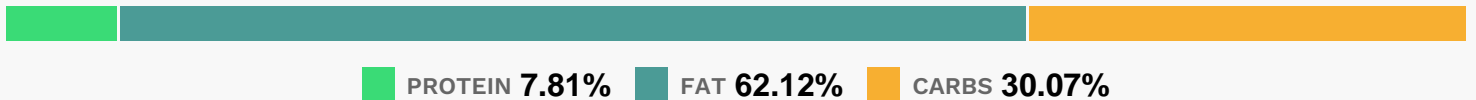
- bowl
- sauce pan
- whisk

- sieve
- wooden spoon
- ice cream machine

## Directions

- In a medium saucepan, mix milk and cream. Warm until foam forms around the edges.
- Remove from heat.
- In a large bowl, beat the egg yolks and sugar until frothy. Gradually pour the warm milk into the egg yolks, whisking constantly. Return mixture to saucepan; cook over medium heat, stirring with a wooden spoon until the mixture gels slightly and coats the back of the spoon. If small egg lumps begin to show, remove from heat immediately.
- Pour the mixture through a sieve or fine strainer into a bowl. Cover, and chill for several hours or overnight.
- Pour the mixture into an ice cream maker, and freeze according to the manufacturer's instructions.
- Transfer to a sealed container, and freeze until firm. If the gelato is too firm, place it in the refrigerator until it reaches the desired consistency.

## Nutrition Facts



## Properties

Glycemic Index:27.02, Glycemic Load:19.62, Inflammation Score:-6, Nutrition Score:9.6934783044069%

## Nutrients (% of daily need)

Calories: 429.71kcal (21.49%), Fat: 30.23g (46.51%), Saturated Fat: 17.67g (110.46%), Carbohydrates: 32.93g (10.98%), Net Carbohydrates: 32.93g (11.98%), Sugar: 32.66g (36.28%), Cholesterol: 276.27mg (92.09%), Sodium: 71.32mg (3.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.55g (17.11%), Vitamin A: 1331.85IU (26.64%), Phosphorus: 227.93mg (22.79%), Vitamin B2: 0.38mg (22.35%), Vitamin D: 3.27µg (21.77%), Calcium: 212.8mg (21.28%), Selenium: 14.33µg (20.48%), Vitamin B12: 1.11µg (18.42%), Vitamin B5: 1.14mg (11.45%), Vitamin B6: 0.16mg (7.91%), Vitamin B1: 0.11mg (7.46%), Potassium: 259.64mg (7.42%), Folate: 28.66µg (7.16%), Vitamin E: 1.07mg (7.15%), Zinc: 1.06mg (7.06%), Magnesium: 19.7mg (4.93%), Iron: 0.56mg (3.13%), Vitamin K: 2.4µg (2.28%), Copper: 0.02mg (1.17%)