



Gelato Bar

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



600 kcal

DESSERT

Ingredients

- ☐ 8 servings coffee gelato (1/2-gallon)
- ☐ 0.3 cup honey
- ☐ 8 servings neapolitan ice cream (1/2-gallon)
- ☐ 11.5 ounce milk chocolate chips
- ☐ 3 tablespoons powdered sugar
- ☐ 0.5 cup whipping cream
- ☐ 1.5 cups whipping cream chilled

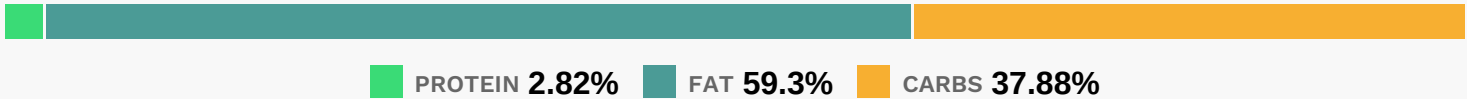
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine the cream and honey in a small heavy saucepan and bring to a simmer over medium heat.
- ☐ Remove from the heat and add the chocolate.
- ☐ Let stand until the chocolate melts, about 2 minutes, then whisk to combine. Cool the sauce slightly, then pour into a clear glass serving bowl or small pitcher. (The sauce can be made 1 week ahead. Cool completely, then cover and refrigerate.) Re-warm the sauce in the microwave, if necessary.
- ☐ To make the whipped cream: Using an electric mixer, beat the cream and sugar in a large bowl until soft peaks form.
- ☐ Transfer the whipped cream to a serving bowl. (The whipped cream can be made 2 hours ahead. Cover and refrigerate.)
- ☐ Place each topping in a separate serving bowl. Scoop the gelato or ice cream into dessert bowls and drizzle with the milk chocolate sauce. Allow guests to sprinkle their desired toppings over their sundaes. Top with the whipped cream and cherries, if desired.

Nutrition Facts



Properties

Glycemic Index:14.16, Glycemic Load:15.29, Inflammation Score:-6, Nutrition Score:6.8600000091221%

Flavonoids

Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg
Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Myricetin: 0.12mg,

Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 599.66kcal (29.98%), Fat: 40.43g (62.2%), Saturated Fat: 25.45g (159.06%), Carbohydrates: 58.1g (19.37%), Net Carbohydrates: 57.61g (20.95%), Sugar: 53.55g (59.5%), Cholesterol: 96.28mg (32.09%), Sodium: 74.23mg (3.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 94.8mg (31.6%), Protein: 4.33g (8.65%), Vitamin B2: 0.46mg (26.84%), Vitamin A: 1152.51IU (23.05%), Calcium: 158.48mg (15.85%), Potassium: 427.83mg (12.22%), Vitamin B5: 1.15mg (11.47%), Phosphorus: 111.49mg (11.15%), Vitamin D: 1.08µg (7.23%), Vitamin B12: 0.35µg (5.88%), Magnesium: 20.8mg (5.2%), Vitamin E: 0.77mg (5.13%), Vitamin B1: 0.07mg (4.81%), Zinc: 0.68mg (4.51%), Selenium: 3.1µg (4.43%), Manganese: 0.07mg (3.59%), Vitamin B3: 0.58mg (2.92%), Vitamin B6: 0.06mg (2.91%), Folate: 10.7µg (2.68%), Vitamin K: 2.34µg (2.23%), Fiber: 0.49g (1.96%), Copper: 0.03mg (1.59%), Iron: 0.2mg (1.13%)