



## Gelato "Buon Talenti"

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



852 kcal

DESSERT

### Ingredients

- 0.5 teaspoon amaretto (see note, above)
- 4 large egg yolk
- 0.8 cup caster sugar
- 0.8 cup cup heavy whipping cream
- 2 cups milk whole

### Equipment

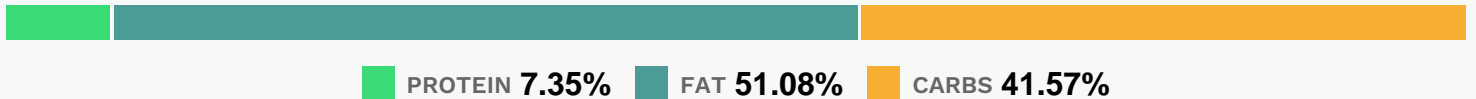
- bowl
- sauce pan

- whisk
- sieve
- hand mixer
- kitchen thermometer

## Directions

- In a 2-quart heavy saucepan bring milk and about half of sugar just to a simmer, stirring until sugar is dissolved.
- Have ready a large bowl of ice and cold water. In a bowl with an electric mixer beat yolks and remaining sugar until thick and pale.
- Add hot milk mixture in a slow stream, whisking, and pour into saucepan. Cook custard over moderately low heat, stirring constantly, until a thermometer registers 170°F. (Do not let boil.)
- Pour custard through a sieve into a metal bowl set in ice and cold water and cool. Stir in cream and add liqueur. Chill custard, covered, until cold and up to 4 hours.
- Freeze custard in an ice-cream maker.
- Serve gelato immediately or transfer to an airtight container and put in freezer to harden no more than 2 hours.

## Nutrition Facts



## Properties

Glycemic Index:54.05, Glycemic Load:56.69, Inflammation Score:-8, Nutrition Score:17.840434950331%

## Nutrients (% of daily need)

Calories: 851.93kcal (42.6%), Fat: 49.28g (75.82%), Saturated Fat: 28.31g (176.96%), Carbohydrates: 90.25g (30.08%), Net Carbohydrates: 90.25g (32.82%), Sugar: 89.79g (99.76%), Cholesterol: 497.33mg (165.78%), Sodium: 133.99mg (5.83%), Alcohol: 0.32g (100%), Alcohol %: 0.09% (100%), Protein: 15.95g (31.89%), Vitamin A: 2197.53IU (43.95%), Phosphorus: 430.88mg (43.09%), Vitamin B2: 0.7mg (41.08%), Calcium: 403.65mg (40.36%), Vitamin D: 5.95µg (39.65%), Selenium: 26.81µg (38.3%), Vitamin B12: 2.12µg (35.39%), Vitamin B5: 2.15mg (21.54%), Vitamin B6: 0.3mg (14.95%), Vitamin B1: 0.21mg (14.29%), Potassium: 489.72mg (13.99%), Zinc: 2mg (13.36%), Folate: 53.21µg (13.3%), Vitamin E: 1.82mg (12.14%), Magnesium: 37.26mg (9.32%), Iron: 1.06mg (5.87%), Vitamin K: 3.83µg (3.64%), Copper: 0.04mg (2.21%), Manganese: 0.03mg (1.63%), Vitamin B3: 0.32mg (1.62%)