



HEALTH SCORE

51%

Gianduia Gelato



Gluten Free

READY IN



240 min.

SERVINGS



2

CALORIES



1704 kcal

DESSERT

Ingredients

- ☐ 4 ounces bittersweet chocolate 60% finely chopped (no more than cacao)
- ☐ 3 tablespoons cornstarch
- ☐ 8 ounces hazelnuts cooled toasted
- ☐ 0.1 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 4.5 cups milk whole

Equipment

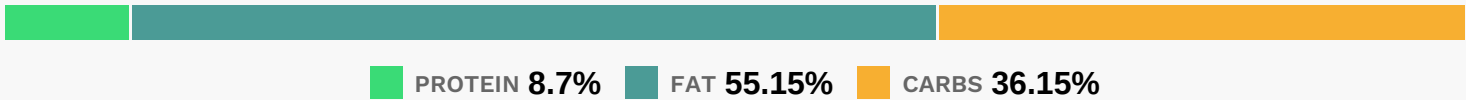
- ☐ food processor

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ ice cream machine

Directions

- ☐ Pulse hazelnuts with sugar and salt in a food processor until finely ground.
- ☐ Transfer to a heavy medium saucepan with milk and bring just to a boil, stirring occasionally.
- ☐ Remove from heat and let steep, covered, 20 minutes.
- ☐ Strain mixture through a fine-mesh sieve into a bowl, then return to cleaned saucepan.
- ☐ Put 1/4 cup milk mixture in a small bowl and whisk in cornstarch. Return to saucepan, then boil over medium heat 2 minutes, whisking often (mixture will be thick).
- ☐ Remove from heat and add chocolate, stirring until melted and incorporated. Chill, stirring occasionally, until very cold, 3 to 6 hours.
- ☐ Freeze mixture in ice cream maker.
- ☐ Transfer to an airtight container and put in freezer to firm up.
- ☐ Gelato keeps 1 week.

Nutrition Facts



Properties

Glycemic Index:61.55, Glycemic Load:63.29, Inflammation Score:-9, Nutrition Score:52.340434903684%

Flavonoids

Cyanidin: 7.61mg, Cyanidin: 7.61mg, Cyanidin: 7.61mg, Cyanidin: 7.61mg Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg Epigallocatechin: 3.15mg, Epigallocatechin: 3.15mg, Epigallocatechin: 3.15mg, Epigallocatechin: 3.15mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 1.2mg, Epigallocatechin 3-gallate: 1.2mg, Epigallocatechin 3-gallate: 1.2mg, Epigallocatechin 3-gallate: 1.2mg

Nutrients (% of daily need)

Calories: 1704.3kcal (85.21%), Fat: 108.48g (166.89%), Saturated Fat: 27.76g (173.51%), Carbohydrates: 159.95g (53.32%), Net Carbohydrates: 144.31g (52.48%), Sugar: 126.99g (141.1%), Cholesterol: 69.28mg (23.09%), Sodium: 361.46mg (15.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 48.76mg (16.25%), Protein: 38.52g (77.04%), Manganese: 7.79mg (389.26%), Copper: 2.67mg (133.75%), Vitamin E: 17.62mg (117.46%), Phosphorus: 1032.32mg (103.23%), Magnesium: 350.87mg (87.72%), Calcium: 840.78mg (84.08%), Vitamin B1: 1.05mg (70.32%), Fiber: 15.64g (62.57%), Potassium: 1917.98mg (54.8%), Vitamin B2: 0.93mg (54.58%), Vitamin B12: 3.07µg (51.11%), Iron: 9.01mg (50.05%), Vitamin B6: 0.99mg (49.63%), Zinc: 6.55mg (43.65%), Vitamin D: 6.04µg (40.26%), Vitamin B5: 3.26mg (32.59%), Folate: 128.14µg (32.03%), Selenium: 18.7µg (26.72%), Vitamin K: 21.83µg (20.79%), Vitamin A: 940.41IU (18.81%), Vitamin B3: 3.09mg (15.46%), Vitamin C: 7.14mg (8.66%)