



Gingerbread Affogato



Vegetarian



Gluten Free

READY IN



29 min.

SERVINGS



4

CALORIES



544 kcal

SIDE DISH

Ingredients

- ☐ 2 cinnamon sticks
- ☐ 1 inch ginger fresh thinly sliced
- ☐ 1 tablespoons frangelico recommended: Frangelico
- ☐ 1 pint ice cream
- ☐ 1 tablespoon espresso powder instant
- ☐ 1.5 cups sugar
- ☐ 0.5 cup water boiling
- ☐ 1 cup water

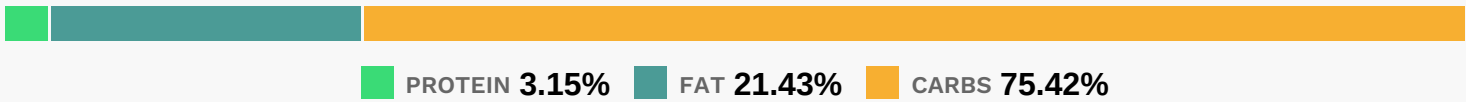
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ measuring cup

Directions

- ☐ Watch how to make this recipe.
- ☐ For the syrup: In a small saucepan, combine the water, sugar, ginger, cinnamon, and cloves over medium heat. Bring to a boil, reduce the heat and simmer for 5 minutes, stirring occasionally, until the sugar has dissolved. Take the pan off the heat and allow the syrup to cool, about 20 minutes.
- ☐ Remove the ginger, cinnamon, and cloves and discard.
- ☐ For the espresso: In a 1-cup glass measuring cup, whisk together the boiling water, espresso powder, and liqueur, if using, until the powder is dissolved.
- ☐ Scoop the gelato into 4 dessert bowls or glasses.
- ☐ Pour 1/4 cup of the syrup and 2 tablespoons espresso over each.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:37.77, Glycemic Load:68.95, Inflammation Score:-3, Nutrition Score:6.2152174763058%

Nutrients (% of daily need)

Calories: 543.75kcal (27.19%), Fat: 13.29g (20.45%), Saturated Fat: 8.04g (50.28%), Carbohydrates: 105.28g (35.09%), Net Carbohydrates: 103.49g (37.63%), Sugar: 100g (111.11%), Cholesterol: 52.05mg (17.35%), Sodium: 100.69mg (4.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 39.25mg (13.08%), Protein: 4.39g (8.79%), Vitamin B2: 0.3mg (17.67%), Calcium: 174.41mg (17.44%), Manganese: 0.34mg (17.18%), Phosphorus: 129.71mg

(12.97%), Vitamin A: 503.18IU (10.06%), Potassium: 295.96mg (8.46%), Vitamin B12: 0.46µg (7.69%), Fiber: 1.79g (7.17%), Vitamin B5: 0.7mg (6.98%), Magnesium: 23.34mg (5.83%), Zinc: 0.88mg (5.83%), Selenium: 2.8µg (4%), Vitamin B1: 0.05mg (3.29%), Vitamin B6: 0.06mg (3.14%), Copper: 0.06mg (2.91%), Vitamin E: 0.4mg (2.67%), Vitamin B3: 0.53mg (2.63%), Iron: 0.36mg (1.97%), Vitamin D: 0.24µg (1.58%), Folate: 6.21µg (1.55%), Vitamin C: 0.86mg (1.05%)