



Hazelnut gelato with rich chocolate sauce

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



648 kcal

DESSERT

Ingredients

- ☐ 175 g hazelnuts
- ☐ 300 ml pot double cream
- ☐ 300 ml full-fat milk
- ☐ 100 g muscovado sugar light
- ☐ 3 egg yolks
- ☐ 150 ml pot double cream
- ☐ 1 tsp hot-brewed coffee instant
- ☐ 100 g chocolate plain finely chopped

☐ 1 tbsp frangelico such as frangelico

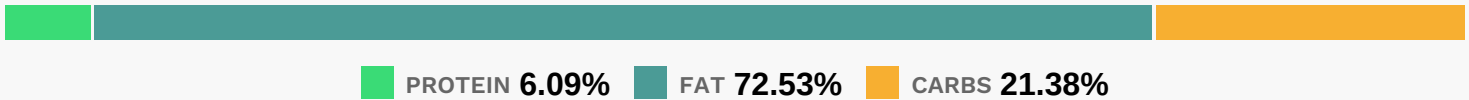
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ blender

Directions

- ☐ Toast the nuts in a dry pan for 5 mins until golden. Leave to cool. Roughly chop 25g and set aside.
- ☐ Heat the cream, milk and sugar in a pan until nearly boiling.
- ☐ Whisk together the eggs yolks in a small bowl.
- ☐ Pour a little of the hot cream over the eggs and whisk together.
- ☐ Pour the egg mix to the pan and gently cook for about 8-10 mins until thick enough to coat the back of a spoon. Set a medium-size bowl over another bowl of iced water. As soon as the custard has thickened, strain into the bowl, then stir through the 150g hazelnuts. Leave to cool a little, then pour the mixture into a blender and whizz until smooth. Freeze according to your ice-cream makers instructions. Will freeze for up to 1 month.
- ☐ For the sauce, heat the cream with the coffee in a pan until boiling. Take off the heat, stir the chocolate until melted, then stir in the liqueur, if using.
- ☐ Serve scoops of ice cream in bowls with some sauce drizzled on top and the reserved chopped nuts scattered over.

Nutrition Facts



Properties

Glycemic Index:15.93, Glycemic Load:5.12, Inflammation Score:-7, Nutrition Score:18.495652271354%

Flavonoids

Cyanidin: 1.96mg, Cyanidin: 1.96mg, Cyanidin: 1.96mg, Cyanidin: 1.96mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg

Nutrients (% of daily need)

Calories: 648.03kcal (32.4%), Fat: 54.71g (84.16%), Saturated Fat: 23.82g (148.87%), Carbohydrates: 36.29g (12.1%), Net Carbohydrates: 32.54g (11.83%), Sugar: 30.75g (34.16%), Cholesterol: 188.64mg (62.88%), Sodium: 51.68mg (2.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 16.23mg (5.41%), Protein: 10.33g (20.66%), Manganese: 1.9mg (95.23%), Vitamin E: 5.37mg (35.8%), Copper: 0.62mg (31.06%), Vitamin A: 1328.23IU (26.56%), Phosphorus: 241.2mg (24.12%), Magnesium: 80.34mg (20.08%), Vitamin B2: 0.33mg (19.62%), Calcium: 176.15mg (17.62%), Vitamin B1: 0.25mg (16.71%), Vitamin D: 2.26µg (15.07%), Fiber: 3.75g (14.98%), Selenium: 9.67µg (13.82%), Vitamin B6: 0.27mg (13.38%), Iron: 2.28mg (12.65%), Folate: 49.78µg (12.45%), Potassium: 433.57mg (12.39%), Zinc: 1.57mg (10.46%), Vitamin B12: 0.57µg (9.58%), Vitamin B5: 0.96mg (9.56%), Vitamin K: 7.83µg (7.45%), Vitamin B3: 0.81mg (4.03%), Vitamin C: 2.29mg (2.78%)