



Hazelnut Semifreddo

 **Gluten Free**

READY IN

ready

38 min.

SERVINGS

servings

4

CALORIES

calories

1043 kcal

DESSERT

Ingredients

- ☐ 1 ounce bittersweet chocolate shaved with a vegetable peeler
- ☐ 2 tablespoons confectioners' sugar
- ☐ 1 cup espresso grounds hot
- ☐ 0.3 cup frangelico such as frangelico
- ☐ 1 cup hazelnuts
- ☐ 1.5 cups heavy cream
- ☐ 1 pint coffee ice cream
- ☐ 1 pinch salt

- ☐ 1 pint whipped cream

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ ziploc bags
- ☐ kitchen towels
- ☐ ice cream scoop
- ☐ rolling pin

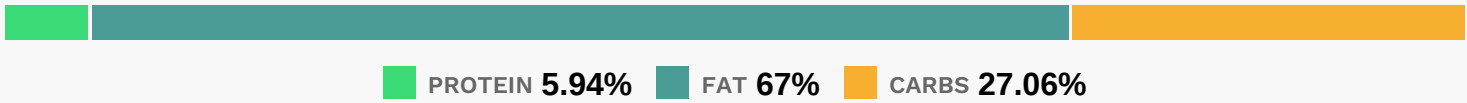
Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Put the hazelnuts in a single layer on a small sheet pan. Toast the nuts for 8 minutes, until they are lightly golden.
- ☐ Pour the nuts onto a clean kitchen towel and rub them to remove the peels.
- ☐ Put the hazelnuts in a large sealable plastic bag, seal the bag, and pound the nuts with a rolling pin until roughly crushed. Set aside.
- ☐ Using a small ice cream scoop, scoop the ice cream into 16 equal-size balls (8 of each flavor) and arrange in a single layer on a cold plate lined with plastic wrap. Cover the ice cream balls with more plastic wrap and freeze again until firm.
- ☐ In a medium bowl, whip the cream, a pinch of salt, sugar and 2 tablespoons hazelnut liqueur to stiff peaks, but do not over beat.
- ☐ To serve, put 2 scoops each of hazelnut (or coffee) and vanilla ice creams into each glass.
- ☐ Add to the top of each 1 tablespoon hazelnut liqueur and 2 tablespoons crushed hazelnuts.
- ☐ Pour 1/4 cup espresso into each bowl. Top the ice cream with a dollop of whipped cream and shaved chocolate.
- ☐ Serve immediately.

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Entertaining Notes: If you are doing this for a larger party you can pre-scoop the ice cream right into the glasses and store, covered, in the freezer.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:33.36, Inflammation Score:-9, Nutrition Score:26.57652183201%

Flavonoids

Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg

Nutrients (% of daily need)

Calories: 1043.49kcal (52.17%), Fat: 79.31g (122.01%), Saturated Fat: 39.55g (247.16%), Carbohydrates: 72.07g (24.02%), Net Carbohydrates: 66.94g (24.34%), Sugar: 60.58g (67.31%), Cholesterol: 205.38mg (68.46%), Sodium: 232.11mg (10.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 131.18mg (43.73%), Protein: 15.82g (31.64%), Manganese: 2mg (99.8%), Vitamin B2: 0.88mg (51.66%), Vitamin A: 2317.55IU (46.35%), Phosphorus: 409.74mg (40.97%), Vitamin E: 6.08mg (40.52%), Calcium: 401.56mg (40.16%), Magnesium: 147.94mg (36.99%), Copper: 0.7mg (34.92%), Potassium: 867.72mg (24.79%), Vitamin B1: 0.31mg (20.71%), Fiber: 5.13g (20.53%), Vitamin B3: 4mg (20.02%), Vitamin B5: 1.92mg (19.15%), Zinc: 2.8mg (18.66%), Vitamin B12: 1.08µg (17.97%), Vitamin B6: 0.32mg (15.86%), Vitamin D: 1.9µg (12.67%), Folate: 49.89µg (12.47%), Iron: 2.24mg (12.44%), Selenium: 8.28µg (11.82%), Vitamin K: 8.4µg (8%), Vitamin C: 3.96mg (4.8%)