

Limoncello Gelato



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



705 kcal

DESSERT

Ingredients

- ☐ 0.3 cup buttermilk
- ☐ 4 coffee-bean granita
- ☐ 4 large egg yolk
- ☐ 2 cups cup heavy whipping cream
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 0.3 cup limoncello for serving
- ☐ 0.3 cup mascarpone cheese

- ☐ 0.5 cup sugar
- ☐ 1 vanilla pod split
- ☐ 0.5 cup milk whole

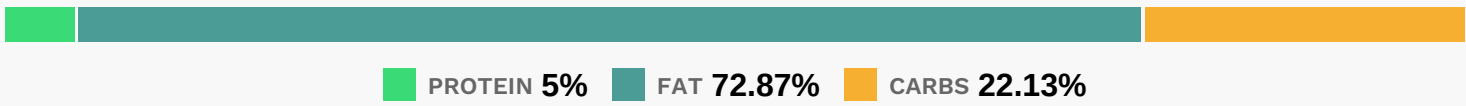
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ kitchen thermometer

Directions

- ☐ Whisk first 6 ingredients in large saucepan.Scrape in seeds from vanilla bean; add bean.Cook over medium-high heat until bubblesform at edges, stirring occasionally.
- ☐ Removefrom heat, cover, and let steep 15 minutes.
- ☐ Whisk egg yolks, sugar, and lemon juicein large bowl until thick and smooth. Slowlywhisk warm cream mixture into yolk mixture.Return custard to same saucepan. Stir overmedium heat until custard thickens enough tocoat spoon and thermometer registers 180°F,about 6 minutes; do not boil.
- ☐ Pour custardinto medium bowl. Stir in 1/4 cup limoncello.Chill custard until cold, stirring occasionally,at least 4 hours. DO AHEAD: Can be made1 day ahead. Cover and keep chilled.
- ☐ Process custard in ice cream makeraccording to instructions.
- ☐ Transfer tocontainer; cover and freeze up to 2 days.S coop gelato into glasses.
- ☐ Drizzle withadditional limoncello and serve.* An Italian cream cheese; sold at many supermarkets and at Italian markets.

Nutrition Facts



Properties

Glycemic Index:34.77, Glycemic Load:18.22, Inflammation Score:-8, Nutrition Score:10.024347712164%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 704.88kcal (35.24%), Fat: 55.55g (85.46%), Saturated Fat: 33.79g (211.17%), Carbohydrates: 37.96g (12.65%), Net Carbohydrates: 37.88g (13.78%), Sugar: 36.6g (40.67%), Cholesterol: 337.44mg (112.48%), Sodium: 75.72mg (3.29%), Alcohol: 4.73g (100%), Alcohol %: 2.33% (100%), Caffeine: 18.59mg (6.2%), Protein: 8.58g (17.17%), Vitamin A: 2266.18IU (45.32%), Vitamin B2: 0.39mg (22.8%), Vitamin D: 3.35µg (22.35%), Selenium: 14.39µg (20.55%), Phosphorus: 179.54mg (17.95%), Calcium: 176.29mg (17.63%), Vitamin B12: 0.76µg (12.59%), Vitamin E: 1.57mg (10.48%), Vitamin B5: 0.99mg (9.94%), Folate: 31.9µg (7.97%), Vitamin B6: 0.13mg (6.47%), Potassium: 206.6mg (5.9%), Zinc: 0.87mg (5.77%), Vitamin B1: 0.08mg (5.33%), Vitamin C: 4.26mg (5.17%), Vitamin K: 4.06µg (3.87%), Magnesium: 14.86mg (3.72%), Iron: 0.61mg (3.39%), Copper: 0.03mg (1.68%)