

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 yolks
- ☐ 2 cups 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

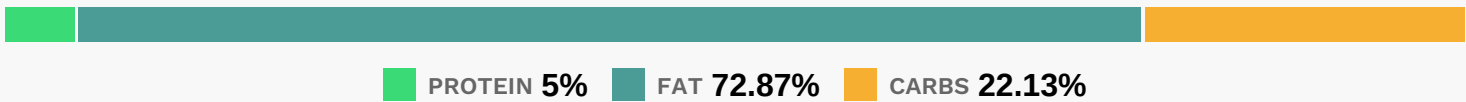
Equipment

- ☐ 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 bubbles form at edges, stirring occasionally.
- ☐ Remove from heat, cover, and let steep 15 minutes.
- ☐ Whisk egg yolks, sugar, and lemon juice in large bowl until thick and smooth. Slowly whisk warm cream mixture into yolk mixture. Return custard to same saucepan. Stir over medium heat until custard thickens enough to coat spoon and thermometer registers 180°F, about 6 minutes; do not boil.
- ☐ Pour custard into medium bowl. Stir in 1/4 cup limoncello. Chill custard until cold, stirring occasionally, at least 4 hours. DO AHEAD: Can be made 1 day ahead. Cover and keep chilled.
- ☐ Process custard in ice cream maker according to instructions.
- ☐ Transfer to container; cover and freeze up to 2 days. Scoop gelato into glasses.
- ☐ Drizzle with additional 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%)