



Mint Gelato with Bittersweet Chocolate Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



406 kcal

DESSERT

Ingredients

- ☐ 6 large egg yolk
- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 1 strip lemon zest yellow thin (2 in., part only)
- ☐ 3 cups milk
- ☐ 4 ounces bittersweet chocolate finely chopped
- ☐ 0.8 cup sugar
- ☐ 1 piece vanilla pod (2 to 3 in.)
- ☐ 0.5 cup whipping cream light (cream)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ microwave
- ☐ spatula
- ☐ ice cream machine

Directions

- ☐ In a 3- to 4-quart pan, combine milk, sugar, chopped mint, lemon peel, and vanilla bean (if using extract, add in step 3). Stir over medium heat just until sugar is dissolved, 1 to 2 minutes.
- ☐ In a bowl, beat egg yolks to blend.
- ☐ Whisk in warm milk mixture; return to pan. Stir over medium-low heat, scraping pan with a spatula, until custard coats the back of a spoon in a thin layer, 10 to 12 minutes (don't boil).
- ☐ Pour mixture through a fine strainer into a large bowl; discard lemon peel and mint. Rinse vanilla bean, let dry, and reserve for other uses (if using vanilla extract, stir into strained custard). Nest bowl in ice water and stir mixture often until cold, 20 to 30 minutes. Or cover and chill until cold, at least 2 hours, or up to 2 days.
- ☐ Meanwhile, in a microwave-safe container, combine chocolate and cream.
- ☐ Heat in a microwave oven at full power (100%), stirring every 30 seconds, until chocolate is soft, about 1 1/2 minutes total. Stir until smooth.
- ☐ Pour custard mixture into an ice cream maker (1-qt. or larger capacity). Freeze according to manufacturer's directions until mixture is firm enough to scoop, dasher is hard to turn, or machine stops, 25 to 30 minutes.
- ☐ Scoop softly frozen gelato into bowls, or for firmer gelato, freeze at least 1 1/2 hours or up to 1 week. Spoon chocolate sauce over gelato (if desired, warm sauce in microwave oven at full power for 30 seconds, then stir).

Nutrition Facts



 **PROTEIN 8.33%**  **FAT 50.39%**  **CARBS 41.28%**

Properties

Glycemic Index:18.02, Glycemic Load:19.62, Inflammation Score:-6, Nutrition Score:11.423478287199%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg

Nutrients (% of daily need)

Calories: 405.79kcal (20.29%), Fat: 23.05g (35.46%), Saturated Fat: 12.63g (78.92%), Carbohydrates: 42.5g (14.17%), Net Carbohydrates: 40.65g (14.78%), Sugar: 38.44g (42.72%), Cholesterol: 221.79mg (73.93%), Sodium: 63.2mg (2.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 16.25mg (5.42%), Protein: 8.57g (17.14%), Phosphorus: 252.94mg (25.29%), Calcium: 206.61mg (20.66%), Selenium: 14.17µg (20.25%), Vitamin B2: 0.32mg (18.8%), Vitamin A: 903.25IU (18.06%), Vitamin B12: 1.06µg (17.6%), Vitamin D: 2.58µg (17.18%), Manganese: 0.31mg (15.5%), Copper: 0.27mg (13.34%), Magnesium: 53.19mg (13.3%), Vitamin B5: 1.08mg (10.84%), Iron: 1.88mg (10.47%), Potassium: 349.9mg (10%), Zinc: 1.48mg (9.9%), Vitamin B6: 0.15mg (7.63%), Folate: 29.93µg (7.48%), Vitamin B1: 0.11mg (7.44%), Fiber: 1.85g (7.39%), Vitamin E: 0.79mg (5.3%), Vitamin K: 2.48µg (2.36%), Vitamin C: 1.74mg (2.11%), Vitamin B3: 0.37mg (1.84%)