



Mocha Chip Gelato

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



188 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon almonds cooled toasted sliced
- ☐ 1 oz bittersweet chocolate finely chopped
- ☐ 2 tablespoons cornstarch
- ☐ 1 tablespoon coffee
- ☐ 1.8 cups milk 1%
- ☐ 0.3 cup sugar
- ☐ 2 teaspoons cocoa powder unsweetened
- ☐ 1 teaspoon vanilla

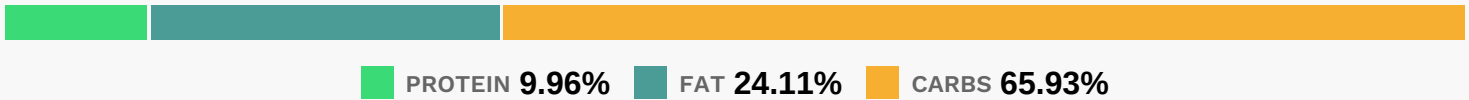
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Stir together 1/4 cup milk and cornstarch.
- ☐ Whisk together sugar, cocoa, and remaining 1 1/2 cups milk in a small heavy saucepan and bring to a boil over moderate heat, stirring.
- ☐ Whisk in coffee granules. Stir cornstarch mixture again and whisk into coffee mixture. Return to a boil, whisking, then remove from heat.
- ☐ Add vanilla, a pinch of salt, and half of chocolate to saucepan, stirring.
- ☐ Set saucepan in a large bowl of ice water to cool, whisking frequently.
- ☐ Freeze chocolate mixture in ice-cream maker. When nearly frozen, add remaining chocolate and churn until blended.
- ☐ Serve gelato sprinkled with almonds.

Nutrition Facts



Properties

Glycemic Index:20.02, Glycemic Load:11.66, Inflammation Score:-3, Nutrition Score:5.9052173339802%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 187.75kcal (9.39%), Fat: 5.07g (7.81%), Saturated Fat: 2.29g (14.29%), Carbohydrates: 31.22g (10.41%), Net Carbohydrates: 30.12g (10.95%), Sugar: 24.6g (27.33%), Cholesterol: 5.59mg (1.86%), Sodium: 42.19mg (1.83%), Alcohol: 0.34g (100%), Alcohol %: 0.32% (100%), Caffeine: 46.5mg (15.5%), Protein: 4.72g (9.43%), Phosphorus: 144.84mg (14.48%), Calcium: 143.97mg (14.4%), Vitamin B2: 0.18mg (10.75%), Vitamin B12: 0.64µg (10.71%), Manganese: 0.2mg (9.99%), Magnesium: 38.44mg (9.61%), Potassium: 276.46mg (7.9%), Vitamin D: 1.14µg (7.57%), Copper: 0.14mg (6.99%), Zinc: 0.75mg (5.02%), Selenium: 3.31µg (4.72%), Vitamin E: 0.7mg (4.69%), Vitamin B1: 0.07mg (4.46%), Fiber: 1.1g (4.4%), Vitamin A: 205.94IU (4.12%), Vitamin B5: 0.41mg (4.09%), Iron: 0.69mg (3.85%), Vitamin B6: 0.07mg (3.45%), Vitamin B3: 0.63mg (3.17%)