

Pistachio Gelato

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



338 kcal

DESSERT

Ingredients

- 0.5 teaspoon lemon zest ,grated
- 2 cups milk
- 0.3 cup pistachio paste
- 6 servings sicilian pistachios for garnish
- 0.1 teaspoon salt
- 0.5 cup sugar
- 4 yolks

Equipment

sauce pan

whisk

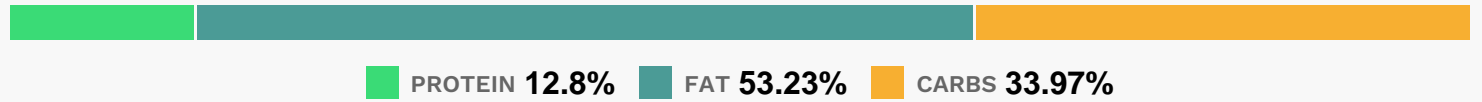
Directions

In a saucepan, heat the milk and lemon peel to a simmer then turn off the heat and allow to infuse 10 minutes. Meanwhile, whisk the yolks with the sugar and salt till very light in color and fluffy.

Whisk in the hot milk and return the mixture to the heat. Cook carefully until it thickens then immediately add the pistachio paste whisking well.

Pour the custard base into a new container and cool it in an ice bath. Turn as per manufacturer's instructions.

Nutrition Facts



Properties

Glycemic Index:24.02, Glycemic Load:14.1, Inflammation Score:-4, Nutrition Score:12.613913030728%

Flavonoids

Cyanidin: 2.43mg, Cyanidin: 2.43mg, Cyanidin: 2.43mg, Cyanidin: 2.43mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 337.85kcal (16.89%), Fat: 20.87g (32.11%), Saturated Fat: 4.5g (28.12%), Carbohydrates: 29.97g (9.99%), Net Carbohydrates: 26.54g (9.65%), Sugar: 23.16g (25.73%), Cholesterol: 139.36mg (46.45%), Sodium: 85.62mg (3.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.29g (22.59%), Vitamin B6: 0.65mg (32.75%), Phosphorus: 291.28mg (29.13%), Vitamin B1: 0.35mg (23.66%), Copper: 0.44mg (22.1%), Manganese: 0.41mg (20.41%), Selenium: 10.69µg (15.26%), Calcium: 150.72mg (15.07%), Fiber: 3.43g (13.72%), Vitamin B2: 0.23mg (13.64%), Potassium: 475.22mg (13.58%), Magnesium: 50.47mg (12.62%), Vitamin B12: 0.67µg (11.22%), Vitamin D: 1.54µg (10.28%), Iron: 1.64mg (9.09%), Zinc: 1.34mg (8.94%), Vitamin A: 442.35IU (8.85%), Folate: 34.44µg (8.61%), Vitamin B5: 0.83mg (8.35%), Vitamin E: 1.11mg (7.42%), Vitamin B3: 0.52mg (2.6%), Vitamin C: 2.07mg (2.51%)