



Pomegranate Gelato



Vegetarian



Gluten Free

READY IN



300 min.

SERVINGS



2

CALORIES



1145 kcal

DESSERT

Ingredients

- ☐ 1.5 tablespoons cornstarch
- ☐ 1.5 cups cup heavy whipping cream
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.3 cup pomegranate
- ☐ 1.3 cups pomegranate juice
- ☐ 2 servings pomegranate seeds
- ☐ 0.1 teaspoon salt
- ☐ 0.8 cup sugar

☐ 0.5 cup milk whole

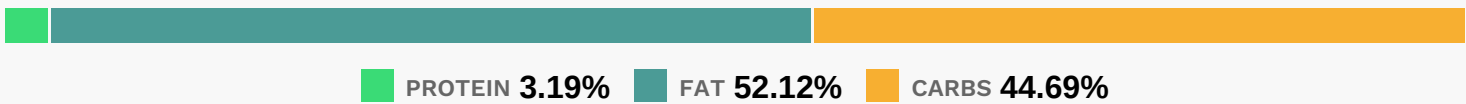
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ ice cream machine

Directions

- ☐ Whisk together cream, milk, sugar, cornstarch, and salt in a 2 1/2- to 3-quart heavy saucepan. Bring to a boil over moderate heat, whisking occasionally, then boil, whisking, 2 minutes.
- ☐ Remove from heat and whisk in remaining ingredients.
- ☐ Transfer to a bowl and chill, uncovered, until cold, at least 1 hour.
- ☐ Freeze in ice cream maker, then transfer to an airtight container and put in freezer to harden, at least 2 hours.
- ☐ Soften gelato slightly in refrigerator, about 20 minutes, before serving.
- ☐ •Cream mixture (before churning) can be chilled, covered, up to 1 day ahead. •Gelato keeps 1 week.

Nutrition Facts



Properties

Glycemic Index:121.05, Glycemic Load:65.89, Inflammation Score:-9, Nutrition Score:18.421304371046%

Flavonoids

Cyanidin: 3.73mg, Cyanidin: 3.73mg, Cyanidin: 3.73mg, Cyanidin: 3.73mg Delphinidin: 1.26mg, Delphinidin: 1.26mg, Delphinidin: 1.26mg, Delphinidin: 1.26mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Quercetin: 1.74mg, Quercetin: 1.74mg Gallocatechin: 0.21mg, Gallocatechin: 0.21mg, Gallocatechin: 0.21mg, Gallocatechin: 0.21mg

Nutrients (% of daily need)

Calories: 1144.64kcal (57.23%), Fat: 68.57g (105.49%), Saturated Fat: 42.46g (265.39%), Carbohydrates: 132.3g (44.1%), Net Carbohydrates: 127.02g (46.19%), Sugar: 119.99g (133.32%), Cholesterol: 209.02mg (69.68%), Sodium: 235.83mg (10.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.44g (18.88%), Vitamin A: 2722.92IU (54.46%), Vitamin K: 42.81µg (40.78%), Vitamin B2: 0.52mg (30.87%), Potassium: 896.78mg (25.62%), Vitamin D: 3.53µg (23.51%), Folate: 93.03µg (23.26%), Phosphorus: 228.75mg (22.88%), Calcium: 223.71mg (22.37%), Fiber: 5.27g (21.1%), Vitamin E: 3.03mg (20.18%), Vitamin C: 15.09mg (18.29%), Vitamin B5: 1.61mg (16.06%), Manganese: 0.31mg (15.47%), Copper: 0.26mg (13.07%), Vitamin B6: 0.26mg (12.9%), Vitamin B1: 0.18mg (11.9%), Selenium: 8.23µg (11.76%), Magnesium: 46.21mg (11.55%), Vitamin B12: 0.62µg (10.25%), Zinc: 1.27mg (8.49%), Vitamin B3: 0.91mg (4.57%), Iron: 0.78mg (4.35%)