



## Raspberry Stracciatelle Ice Cream

 Vegetarian  Gluten Free

READY IN



135 min.

SERVINGS



4

CALORIES



1059 kcal

DESSERT

### Ingredients

- 7 large egg yolks
- 1 cup granulated sugar
- 2 cups heavy cream
- 1.5 cups raspberry puree
- 8 ounces chocolate white melted
- 1 cup milk whole

### Equipment

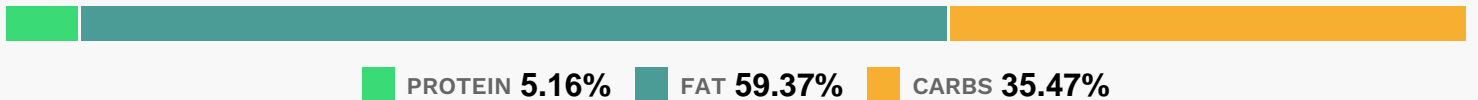
- bowl

- sauce pan
- whisk
- double boiler
- spatula
- ice cream machine

## Directions

- Bring cream and milk to a simmer in a medium saucepan. In a bowl, whisk together sugar and yolks until pale and thickened. Slowly whisk in warm cream mixture to sugar and yolks then return to the saucepan over medium-high heat. Stir continuously until mixture is slightly thickened and coats the back of a spoon. Strain mixture into a bowl and place into an ice bath, stirring until cold.
- Remove from ice bath, whisk in raspberry puree until a pink color is formed and process in an ice cream machine according to the manufacturer's instructions.
- Melt white chocolate in a double boiler. Scrape the ice cream into a large metal bowl. Continuously drizzle in the melted white chocolate while stirring at the same time with a large spatula, until fully incorporated. Cover and place in the freezer until firm.

## Nutrition Facts



## Properties

Glycemic Index:51.02, Glycemic Load:60.04, Inflammation Score:-8, Nutrition Score:18.369130341903%

## Flavonoids

Cyanidin: 20.6mg, Cyanidin: 20.6mg, Cyanidin: 20.6mg, Cyanidin: 20.6mg Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.44mg, Pelargonidin: 0.44mg, Pelargonidin: 0.44mg, Pelargonidin: 0.44mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.58mg, Epicatechin: 1.58mg, Epicatechin: 1.58mg, Epicatechin: 1.58mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.47mg,

Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

## Nutrients (% of daily need)

Calories: 1058.5kcal (52.93%), Fat: 71.45g (109.92%), Saturated Fat: 42.35g (264.71%), Carbohydrates: 96.02g (32.01%), Net Carbohydrates: 92.98g (33.81%), Sugar: 91.92g (102.13%), Cholesterol: 475mg (158.33%), Sodium: 121.57mg (5.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.98g (27.96%), Vitamin A: 2308.97IU (46.18%), Vitamin B2: 0.65mg (38.32%), Phosphorus: 359.5mg (35.95%), Selenium: 24.33µg (34.76%), Calcium: 316.53mg (31.65%), Vitamin D: 4.18µg (27.88%), Vitamin B12: 1.42µg (23.62%), Vitamin B5: 1.91mg (19.13%), Vitamin E: 2.83mg (18.86%), Manganese: 0.33mg (16.4%), Vitamin C: 12.79mg (15.5%), Folate: 61.61µg (15.4%), Potassium: 468.09mg (13.37%), Vitamin K: 12.87µg (12.26%), Zinc: 1.83mg (12.22%), Fiber: 3.04g (12.15%), Vitamin B6: 0.24mg (11.97%), Vitamin B1: 0.16mg (10.7%), Magnesium: 33.84mg (8.46%), Iron: 1.4mg (7.79%), Copper: 0.11mg (5.73%), Vitamin B3: 0.84mg (4.19%)