



Ricotta Gelato with Blackberry Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



330 kcal

DESSERT

Ingredients

- 1.3 cups milk
- 1 tablespoon juice of lemon fresh
- 0.3 cup water
- 16 ounce whole-milk ricotta cheese
- 1 mangos pitted peeled for garnish cut in 1/2-inch dice
- 1.3 cups half and half
- 0.3 teaspoons vanilla
- 3 inch cinnamon sticks

- 2 tablespoons plus light
- 1 teaspoon creme de cassis
- 1 cup sugar
- 6 servings blackberries for garnish
- 2 inch lemon zest with a vegetable peeler
- 1 teaspoon frangelico
- 1 teaspoon frangelico

Equipment

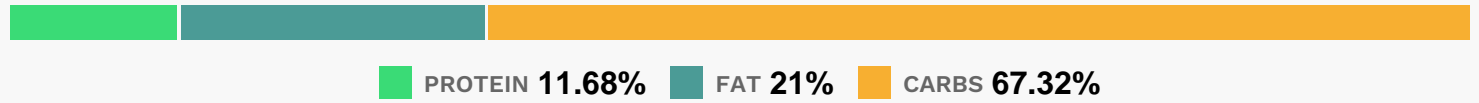
- bowl
- frying pan
- sauce pan
- whisk
- sieve
- plastic wrap

Directions

- Make the gelato: In a saucepan whisk together the half-and-half, the milk, the ricotta, and the sugar, add the cinnamon stick, and bring the mixture just to a boil, stirring.
- Remove the pan from the heat, add the zest, and let the mixture stand, covered, for 10 minutes. Force the mixture through a fine sieve set over a bowl and stir in the corn syrup and the vanilla. Chill the mixture, covered, until it is cold and freeze it in an ice-cream freezer according to the manufacturer's instructions. Pack the gelato tightly into six 1/2-cup dariole or other molds, cover each mold with plastic wrap, and freeze the gelato for 30 minutes, or until it is ready to be served.
- Make the blackberry sauce: In a heavy saucepan melt the sugar over moderate heat, stirring with a fork, and cook the syrup, swirling the pan occasionally, until it is a golden caramel. Working carefully and quickly, stir in the water, the blackberries, the lemon juice, and the crème de cassis (the mixture will bubble up), stirring until mixture is combined well, and cook the mixture over moderately low heat until the caramel is dissolved. Strain the mixture through a fine sieve set over a bowl, pressing hard on the solids, and chill the sauce, covered, until it is cold.

- Divide the sauce among 6 dessert plates, unmold the gelato, and arrange it in the center of the plates.
- Garnish each serving with some of the mango and the blackberries.

Nutrition Facts



Properties

Glycemic Index:34.81, Glycemic Load:27.65, Inflammation Score:-5, Nutrition Score:6.2447826292204%

Flavonoids

Cyanidin: 1.03mg, Cyanidin: 1.03mg, Cyanidin: 1.03mg, Cyanidin: 1.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg 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 Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 330.32kcal (16.52%), Fat: 7.7g (11.84%), Saturated Fat: 4.52g (28.28%), Carbohydrates: 55.53g (18.51%), Net Carbohydrates: 54.57g (19.84%), Sugar: 50.86g (56.51%), Cholesterol: 35.84mg (11.95%), Sodium: 135.42mg (5.89%), Alcohol: 0.06g (100%), Alcohol %: 0.03% (100%), Protein: 9.63g (19.26%), Calcium: 249.45mg (24.95%), Vitamin C: 15.3mg (18.55%), Vitamin A: 638.3IU (12.77%), Vitamin B2: 0.19mg (11.12%), Phosphorus: 104.92mg (10.49%), Vitamin B12: 0.37µg (6.17%), Manganese: 0.12mg (6.01%), Potassium: 209.46mg (5.98%), Vitamin B6: 0.1mg (5.05%), Selenium: 3.07µg (4.38%), Folate: 17.24µg (4.31%), Vitamin B5: 0.41mg (4.14%), Vitamin B1: 0.06mg (3.93%), Magnesium: 15.57mg (3.89%), Fiber: 0.97g (3.87%), Vitamin D: 0.56µg (3.73%), Zinc: 0.49mg (3.28%), Vitamin E: 0.49mg (3.27%), Copper: 0.05mg (2.6%), Vitamin K: 2.61µg (2.49%), Vitamin B3: 0.36mg (1.79%)