

# Scooped: Ginger Mint and Chocolate-Covered Espresso Bean Gelato

 Gluten Free

READY IN



480 min.

SERVINGS



2

CALORIES



1748 kcal

DESSERT

## Ingredients

- ☐ 0.3 cup general foods international suisse mocha cafe crushed
- ☐ 5 stalks mint leaves fresh (stems and leaves still attached)
- ☐ 1 inch ginger fresh peeled roughly chopped
- ☐ 3.3 cups cup heavy whipping cream
- ☐ 0.7 cup milk
- ☐ 0.5 cup sugar

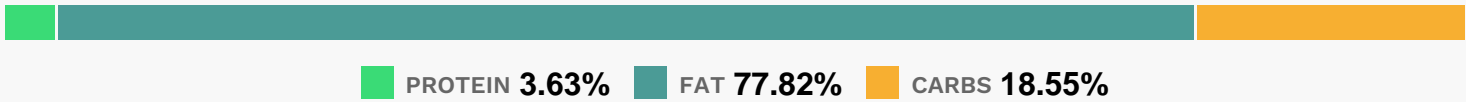
## Equipment

- ☐ bowl
- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ sieve
- ☐ ice cream machine

## Directions

- ☐ Mix the milk and cream in a heavy pot and set on low heat.
- ☐ Add mint and ginger. Cook until mint and ginger are infused into milk, about 40 minutes.
- ☐ Pour the dairy through a fine sieve to remove the mint and ginger, and whisk in the sugar.
- ☐ Let the mixture cool overnight (or for at least 4 hours) in the fridge.
- ☐ Spin the mixture in your ice cream machine according to manufacturer's instructions. While spinning, place large mixing bowl in freezer.
- ☐ When the ice cream is finished spinning, remove it from the machine directly into frozen bowl and fold in the crushed espresso beans. Return bowl to freezer until ice cream solidifies, at least 1 hour.
- ☐ Pass around some spoons and share it directly out of the bowl. Gelato doesn't really improve with age, so try to force yourself to eat it within a few days of making it. But we don't really foresee that being a problem.

## Nutrition Facts



## Properties

Glycemic Index:61.55, Glycemic Load:36.43, Inflammation Score:-10, Nutrition Score:21.185217100641%

## Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg

## Nutrients (% of daily need)

Calories: 1747.52kcal (87.38%), Fat: 154.51g (237.71%), Saturated Fat: 97.01g (606.31%), Carbohydrates: 82.84g (27.61%), Net Carbohydrates: 80.45g (29.25%), Sugar: 77.5g (86.11%), Cholesterol: 461.68mg (153.89%), Sodium: 146.82mg (6.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 237.72mg (79.24%), Protein: 16.22g (32.43%), Vitamin A: 6068.96IU (121.38%), Vitamin B2: 0.95mg (55.92%), Vitamin D: 7.24µg (48.28%), Calcium: 397.31mg (39.73%), Phosphorus: 353.48mg (35.35%), Vitamin E: 3.76mg (25.1%), Selenium: 14.56µg (20.8%), Vitamin B12: 1.07µg (17.9%), Potassium: 625.48mg (17.87%), Magnesium: 71.35mg (17.84%), Vitamin K: 14.61µg (13.92%), Vitamin B5: 1.36mg (13.61%), Zinc: 1.7mg (11.36%), Copper: 0.22mg (11.18%), Vitamin B6: 0.21mg (10.4%), Manganese: 0.2mg (10.24%), Fiber: 2.39g (9.58%), Vitamin B1: 0.13mg (8.86%), Iron: 1.33mg (7.41%), Folate: 19.95µg (4.99%), Vitamin C: 3.35mg (4.06%), Vitamin B3: 0.57mg (2.86%)