

 64%
HEALTH SCORE

Sicilian Ice Cream Sandwiches

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



1816 kcal

Ingredients

- ☐ 2 tablespoons bittersweet chocolate coarsely chopped
- ☐ 4 ounces round brioche rolls
- ☐ 1 pint hazelnut gelato

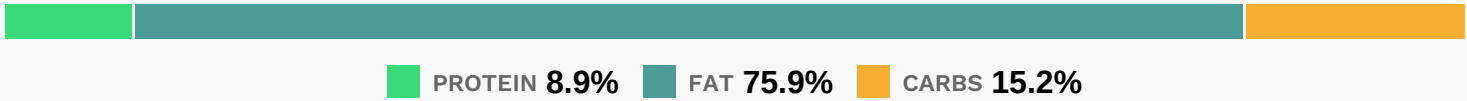
Equipment

Directions

- ☐ Split the rolls crosswise, leaving the halves barely attached. Pull out some of the soft insides to make room for the gelato.

- ☐
- Place a scoop of gelato into each brioche and sprinkle the chocolate over the exposed gelato. Close up and serve immediately. (Other traditional fillings include lemon, espresso, pistachio, and almond granita or gelato. For alternative toppings, try toasted coconut, pralines, or chopped almonds, walnuts, or pistachios.)
- ☐
- Suggestions for the kids
- ☐
- Use dulce de leche, vanilla, or banana gelato instead of hazelnut. Replace the bittersweet chocolate with crushed peanut brittle or peppermint sticks, or finely chopped milk chocolate.
- ☐
- Serve the gelato in a mini brioche instead of a standard-size one.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:2.48, Inflammation Score:-9, Nutrition Score:48.970869569675%

Flavonoids

Cyanidin: 15.88mg, Cyanidin: 15.88mg, Cyanidin: 15.88mg, Cyanidin: 15.88mg Catechin: 2.82mg, Catechin: 2.82mg, Catechin: 2.82mg, Catechin: 2.82mg Epigallocatechin: 6.58mg, Epigallocatechin: 6.58mg, Epigallocatechin: 6.58mg, Epigallocatechin: 6.58mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg

Nutrients (% of daily need)

Calories: 1815.86kcal (90.79%), Fat: 162.58g (250.12%), Saturated Fat: 21.17g (132.32%), Carbohydrates: 73.28g (24.43%), Net Carbohydrates: 49.14g (17.87%), Sugar: 15.77g (17.53%), Cholesterol: 97.86mg (32.62%), Sodium: 260.61mg (11.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.9mg (4.3%), Protein: 42.87g (85.74%), Manganese: 14.81mg (740.4%), Vitamin E: 35.58mg (237.18%), Copper: 4.26mg (212.83%), Magnesium: 412.04mg (103.01%), Vitamin B1: 1.53mg (101.74%), Fiber: 24.15g (96.6%), Phosphorus: 725.11mg (72.51%), Iron: 12.63mg (70.19%), Vitamin B6: 1.34mg (66.85%), Folate: 267.34µg (66.84%), Potassium: 1693.85mg (48.4%), Zinc: 6.19mg (41.29%), Vitamin K: 34.68µg (33.02%), Calcium: 311.39mg (31.14%), Vitamin B5: 2.22mg (22.17%), Vitamin B3: 4.38mg (21.92%), Vitamin C: 14.9mg (18.07%), Vitamin B2: 0.27mg (16.16%), Vitamin A: 540.73IU (10.81%), Selenium: 6.94µg (9.91%)