

Stracciatella: Chocolate Chip Ice Cream Without the Bite

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1035 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons plus light
- ☐ 1 teaspoon gelatin powder unflavored
- ☐ 2 cups cup heavy whipping cream
- ☐ 0.5 cup skim milk powder dry
- ☐ 4 ounces bittersweet chocolate melted
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla

- ☐ 2 teaspoons vegetable oil such as corn or canola
- ☐ 4 cups milk whole

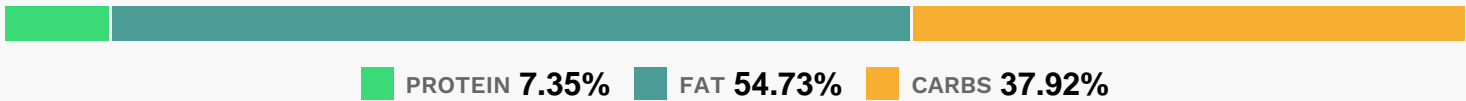
Equipment

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

Directions

- ☐ Combine the milk, corn syrup, and cream in a large saucepan. In a medium bowl, stir together the sugar, gelatin, and milk powder.
- ☐ Whisk the dry ingredients into the milk-cream mixture, and bring to barely a simmer, stirring constantly over moderate heat.
- ☐ Remove the mixture from heat and cool. Stir in the vanilla. Chill the mixture until very cold, at least four hours or overnight.
- ☐ Freeze in an ice cream maker according to the manufacturer's instructions. As the ice cream is churning, combine the melted chocolate and the oil.
- ☐ Drizzle into the ice cream for the last few minutes of churning.

Nutrition Facts



Properties

Glycemic Index:31.77, Glycemic Load:41.64, Inflammation Score:-9, Nutrition Score:22.481304251629%

Nutrients (% of daily need)

Calories: 1034.76kcal (51.74%), Fat: 64.19g (98.75%), Saturated Fat: 38.57g (241.08%), Carbohydrates: 100.03g (33.34%), Net Carbohydrates: 97.77g (35.55%), Sugar: 96.12g (106.8%), Cholesterol: 168.45mg (56.15%), Sodium: 220.71mg (9.6%), Alcohol: 0.34g (100%), Alcohol %: 0.09% (100%), Caffeine: 24.38mg (8.13%), Protein: 19.4g (38.81%), Calcium: 588.54mg (58.85%), Phosphorus: 534.82mg (53.48%), Vitamin A: 2485.6IU (49.71%), Vitamin B2: 0.82mg (48.21%), Vitamin D: 6.24µg (41.59%), Vitamin B12: 2.16µg (36.06%), Magnesium: 104.51mg (26.13%),

Potassium: 911.1mg (26.03%), Selenium: 15.49µg (22.13%), Copper: 0.4mg (20.07%), Manganese: 0.39mg (19.75%), Vitamin B5: 1.84mg (18.35%), Zinc: 2.73mg (18.2%), Vitamin B1: 0.24mg (16.12%), Vitamin B6: 0.25mg (12.73%), Iron: 2mg (11.09%), Vitamin E: 1.57mg (10.45%), Vitamin K: 10.73µg (10.22%), Fiber: 2.27g (9.07%), Vitamin B3: 0.72mg (3.59%), Folate: 12.56µg (3.14%), Vitamin C: 1.73mg (2.1%)