



## Stracciatella Gelato

 **Gluten Free**

READY IN



**180 min.**

SERVINGS



**6**

CALORIES



**327 kcal**

DESSERT

### Ingredients

- 1 pinch kosher salt
- 2 teaspoons vegetable oil
- 0.5 cup cup heavy whipping cream chilled
- 1 vanilla pod split
- 5 large egg yolk
- 0.8 cup sugar
- 0.3 cup chocolate chips
- 2 cups milk whole

## Equipment

- bowl
- frying pan
- sauce pan
- whisk
- kitchen thermometer
- ice cream machine

## Directions

- Place milk in a medium saucepan. Scrape in seeds from vanilla bean; add bean. Bring to a simmer, whisking often.
- Whisk sugar, yolks, and salt in a medium bowl until well blended, about 1 minute. Gradually whisk hot milk mixture into yolk mixture. Return to saucepan; stir over medium–low heat until custard thickens and a thermometer registers 170°F–175°F, about 5 minutes (do not boil). Strain into a medium bowl. Stir in cream. Chill custard until cold, at least 2 hours.
- Stir chocolate and oil in a small sauce–pan over low heat until melted; let cool.
- Process custard in an ice cream maker according to manufacturer's instructions. Slowly add all but 1 tsp. melted chocolate during the last 30 seconds of churning (chocolate will form small chips).
- Transfer to a bowl.
- Drizzle remaining chocolate over gelato in zigzag lines.
- Serve immediately.

## Nutrition Facts



**PROTEIN 7.57%** **FAT 49.64%** **CARBS 42.79%**

## Properties

Glycemic Index:18.02, Glycemic Load:18.9, Inflammation Score:-3, Nutrition Score:7.0878261152817%

## Nutrients (% of daily need)

Calories: 327.32kcal (16.37%), Fat: 18.36g (28.25%), Saturated Fat: 10.56g (65.98%), Carbohydrates: 35.61g (11.87%), Net Carbohydrates: 35.23g (12.81%), Sugar: 32.93g (36.59%), Cholesterol: 185.27mg (61.76%), Sodium: 60.47mg (2.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.3g (12.6%), Calcium: 161.96mg (16.2%), Phosphorus: 161.5mg (16.15%), Selenium: 10.74µg (15.35%), Vitamin B2: 0.25mg (14.52%), Vitamin D: 1.98µg (13.18%), Vitamin B12: 0.78µg (12.92%), Vitamin A: 628.59IU (12.57%), Vitamin B5: 0.85mg (8.53%), Zinc: 1.06mg (7.08%), Potassium: 220.08mg (6.29%), Vitamin B6: 0.12mg (5.96%), Folate: 23.58µg (5.89%), Vitamin E: 0.87mg (5.79%), Vitamin B1: 0.08mg (5.63%), Vitamin K: 4.51µg (4.29%), Magnesium: 15.46mg (3.86%), Iron: 0.55mg (3.05%), Copper: 0.03mg (1.7%), Fiber: 0.38g (1.52%), Manganese: 0.03mg (1.31%), Vitamin B3: 0.21mg (1.03%)