

Stracciatella Gelato

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



1445 kcal

DESSERT

Ingredients

- ☐ 6 oz bittersweet chocolate roughly chopped
- ☐ 4 egg yolks
- ☐ 8 fl. oz. heavy cream
- ☐ 5.3 oz sugar
- ☐ 1 vanilla pod
- ☐ 16 fl. oz. milk whole

Equipment

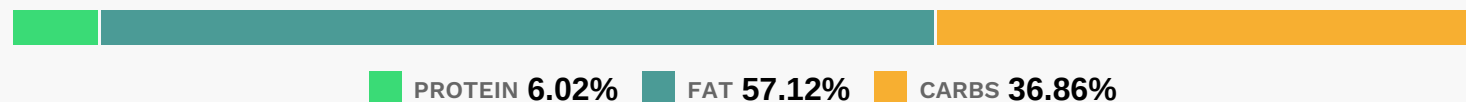
- ☐ bowl

- ☐ sauce pan
- ☐ whisk
- ☐ double boiler
- ☐ wooden spoon
- ☐ ice cream machine

Directions

- ☐ Combine milk and sugar in a heavy saucepan. Split the vanilla bean in half lengthwise and scrape out the seeds.
- ☐ Place the seeds and bean in the saucepan.
- ☐ Heat mixture over medium heat just until it begins to boil (Do not let it keep boiling).
- ☐ Remove from heat, cover, and let stand for 15 minutes.
- ☐ Place egg yolks in a medium bowl and whisk together.
- ☐ Pour the milk mixture in a steady stream into the yolks, whisking constantly to prevent the eggs from cooking.
- ☐ Pour the entire mixture back into the saucepan and place back over medium heat. Cook, stirring constantly with a wooden spoon (make sure to get the bottom and sides) until the mixture reaches 185 degrees F and it has thickened enough to coat the back of the spoon. Strain mixture into a clean container.
- ☐ Add in the heavy cream and stir to combine. Chill mixture in refrigerator for at least 8 hours, preferably 24. Freeze in an ice cream maker per manufacturer's instructions. While the ice cream is freezing, melt the bittersweet chocolate in a double boiler or in a bowl set over a saucepan of simmering water. When the ice cream is almost done (it should be mostly solid), pour in the melted chocolate in a steady stream into the ice cream.
- ☐ Let it churn for a few minutes for the chocolate to incorporate and shatter into streaks.
- ☐ Transfer ice cream to a clean container and place in freezer until fully frozen, about 2-3 more hours.

Nutrition Facts



Properties

Glycemic Index:54.05, Glycemic Load:56.15, Inflammation Score:-9, Nutrition Score:31.963043705277%

Nutrients (% of daily need)

Calories: 1444.82kcal (72.24%), Fat: 93g (143.08%), Saturated Fat: 53.78g (336.12%), Carbohydrates: 135.03g (45.01%), Net Carbohydrates: 128.22g (46.63%), Sugar: 120.52g (133.92%), Cholesterol: 555.95mg (185.32%), Sodium: 148.36mg (6.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 73.14mg (24.38%), Protein: 22.05g (44.09%), Phosphorus: 669.05mg (66.91%), Manganese: 1.16mg (58.02%), Copper: 1.11mg (55.49%), Vitamin A: 2683.59IU (53.67%), Selenium: 35.79µg (51.13%), Magnesium: 188.15mg (47.04%), Calcium: 468.95mg (46.89%), Vitamin B2: 0.79mg (46.75%), Vitamin D: 6.44µg (42.92%), Vitamin B12: 2.32µg (38.7%), Iron: 6.51mg (36.19%), Zinc: 4.34mg (28.95%), Potassium: 990.16mg (28.29%), Fiber: 6.8g (27.22%), Vitamin B5: 2.52mg (25.16%), Vitamin E: 2.64mg (17.58%), Vitamin B6: 0.34mg (17.03%), Vitamin B1: 0.25mg (16.45%), Folate: 57.29µg (14.32%), Vitamin K: 10.87µg (10.35%), Vitamin B3: 1.05mg (5.23%)