



Strawberry Gelato

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



240 kcal

DESSERT

Ingredients

- 4 egg yolks
- 1 cup strawberries fresh chopped
- 0.5 teaspoon vanilla extract
- 0.5 cup sugar white
- 2 cups milk whole

Equipment

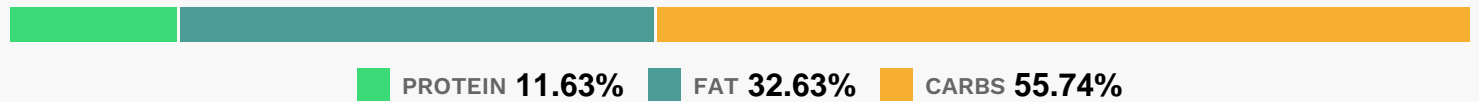
- sauce pan
- whisk

ice cream machine

Directions

- Beat milk, sugar, egg yolks, and vanilla with a wire whisk in a saucepan; cook and stir over medium heat until beginning to thicken, about 5 minutes.
- Fold the strawberries into the thickening mixture.
- Whisk until the strawberries soften enough to nearly dissolve into the liquid. Continue cooking until nearing a boil and thick enough for a thin layer to cling to a spoon dipped into it, about 5 minutes.
- Chill in refrigerator until completely cool.
- Freeze in canister of ice cream maker according to manufacturer instructions.

Nutrition Facts



Properties

Glycemic Index:37.02, Glycemic Load:20.44, Inflammation Score:-3, Nutrition Score:9.369130347086%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 240.37kcal (12.02%), Fat: 8.86g (13.63%), Saturated Fat: 3.99g (24.96%), Carbohydrates: 34.07g (11.36%), Net Carbohydrates: 33.35g (12.13%), Sugar: 32.74g (36.38%), Cholesterol: 209.04mg (69.68%), Sodium: 55.65mg (2.42%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 7.11g (14.21%), Vitamin C: 21.17mg (25.66%),

Phosphorus: 202.09mg (20.21%), Selenium: 12.69µg (18.13%), Calcium: 179.35mg (17.93%), Vitamin B12: 1.01µg (16.83%), Vitamin B2: 0.28mg (16.27%), Vitamin D: 2.31µg (15.43%), Vitamin B5: 1.04mg (10.38%), Vitamin A: 461.52IU (9.23%), Folate: 34.92µg (8.73%), Manganese: 0.16mg (7.79%), Vitamin B6: 0.15mg (7.72%), Potassium: 258.94mg (7.4%), Vitamin B1: 0.11mg (7.25%), Zinc: 0.97mg (6.45%), Magnesium: 20.28mg (5.07%), Vitamin E: 0.63mg (4.2%), Iron: 0.65mg (3.62%), Fiber: 0.72g (2.88%), Copper: 0.03mg (1.72%), Vitamin B3: 0.27mg (1.37%), Vitamin K: 1.28µg (1.22%)