



## Trio of Gelati

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



243 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 teaspoon almond extract
- 2 tablespoons cornstarch
- 3 tablespoons rum dark
- 4 large egg yolk
- 1.5 tablespoons coffee instant
- 0.3 cup plum brandy dry
- 1 pinch salt
- 3 ounces bittersweet chocolate unsweetened chopped (not )

- 2 ounces slivered almonds cooled toasted
- 0.5 cup sugar
- 1.3 cups milk whole

## Equipment

- bowl
- sauce pan
- whisk
- plastic wrap
- kitchen thermometer
- ice cream machine

## Directions

- Mix rum and instant coffee in small bowl until coffee dissolves.
- Whisk sugar, cornstarch, and salt in heavy medium saucepan until no cornstarch lumps remain. Gradually whisk in milk. Cook over medium heat until mixture thickens and boils, stirring constantly, about 5 minutes.
- Remove from heat; whisk in coffee mixture. Press plastic wrap onto surface of gelato base. Refrigerate until cold, about 3 hours.
- Transfer gelato base to ice cream maker and process according to manufacturer's instructions.
- Transfer gelato to container; cover and freeze.
- Combine almonds, sugar, cornstarch, and salt in processor; blend until nuts are finely ground.
- Transfer nut mixture to heavy medium saucepan. Gradually whisk in milk.
- Whisk over medium heat until mixture thickens and boils, about 5 minutes.
- Remove from heat.
- Add chocolate and whisk until melted.
- Mix in almond extract. Press plastic wrap onto surface of gelato base. Refrigerate until cold, about 3 hours.

- Transfer gelato base to ice cream maker and process according to manufacturer's instructions.
- Transfer gelato to container; cover and freeze.
- Combine 1/3 cup milk, egg yolks, sugar, Marsala, and salt in medium stainless steel bowl; whisk to blend.
- Place bowl over saucepan of simmering water (do not allow bottom of bowl to touch water).
- Whisk until thick and thermometer registers 160°F, about 5 minutes.
- Remove bowl from over water.
- Whisk in remaining 1 cup milk. Press plastic wrap onto surface of gelato base. Chill until cold, about 3 hours.
- Transfer gelato base to ice cream maker and process according to manufacturer's instructions.
- Transfer gelato to container; cover and freeze. (All gelati can be made 3 days ahead. Keep frozen.)

## Nutrition Facts

■ PROTEIN 8.91% ■ FAT 45.14% ■ CARBS 45.95%

### Properties

Glycemic Index:16.64, Glycemic Load:9.51, Inflammation Score:-3, Nutrition Score:7.0165217933447%

### Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg Malvidin: 9.48mg, Malvidin: 9.48mg, Malvidin: 9.48mg, Malvidin: 9.48mg Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

### Nutrients (% of daily need)

Calories: 242.77kcal (12.14%), Fat: 11.21g (17.24%), Saturated Fat: 4.18g (26.14%), Carbohydrates: 25.68g (8.56%), Net Carbohydrates: 23.92g (8.7%), Sugar: 19.48g (21.65%), Cholesterol: 97.32mg (32.44%), Sodium: 27.13mg (1.18%), Alcohol: 3.45g (100%), Alcohol %: 4.46% (100%), Caffeine: 38.58mg (12.86%), Protein: 4.98g (9.96%), Manganese: 0.34mg (17%), Vitamin E: 2.12mg (14.11%), Phosphorus: 140.19mg (14.02%), Magnesium: 47.19mg (11.8%), Vitamin B2: 0.19mg (11.31%), Copper: 0.22mg (11.08%), Selenium: 7.02µg (10.02%), Calcium: 88.94mg (8.89%), Fiber: 1.75g (7.02%), Iron: 1.25mg (6.95%), Vitamin B12: 0.4µg (6.74%), Potassium: 225.49mg (6.44%), Vitamin D: 0.91µg (6.04%), Zinc: 0.88mg (5.87%), Vitamin B5: 0.48mg (4.75%), Folate: 15.53µg (3.88%), Vitamin A: 193.84IU (3.88%), Vitamin B1: 0.06mg (3.86%), Vitamin B6: 0.07mg (3.41%), Vitamin B3: 0.68mg (3.39%)