



Wild Blueberry Gelato



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



221 kcal

DESSERT

Ingredients

- ☐ 2 cups blueberries fresh
- ☐ 0.3 cup blueberry jam
- ☐ 3 large egg yolks
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 cups milk 2% reduced-fat
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup sugar
- ☐ 0.3 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ blender

Directions

- ☐ Combine the first 4 ingredients in a medium saucepan, and bring to a boil. Reduce heat to medium; cook for 10 minutes.
- ☐ Place mixture in a blender; process until smooth.
- ☐ Beat the sugar and the egg yolks in a large bowl with a whisk until thick and pale (about 5 minutes).
- ☐ Heat the milk over medium-high heat in a small, heavy saucepan to 180 or until tiny bubbles form around edge of pan, stirring frequently (do not boil).
- ☐ Add one-third hot milk mixture to sugar mixture, stirring with a whisk. Gradually add to remaining hot milk mixture, stirring constantly with a whisk. Cook over medium-low heat until mixture coats back of a spoon (about 4 minutes).
- ☐ Remove from heat. Stir in blueberry mixture, and cool completely. Stir in juice.
- ☐ Pour mixture into the freezer can of an ice-cream freezer; freeze according to the manufacturer's instructions.

Nutrition Facts



Properties

Glycemic Index:27.52, Glycemic Load:23.18, Inflammation Score:-3, Nutrition Score:6.1473912778108%

Flavonoids

Cyanidin: 4.17mg, Cyanidin: 4.17mg, Cyanidin: 4.17mg, Cyanidin: 4.17mg Petunidin: 15.55mg, Petunidin: 15.55mg, Petunidin: 15.55mg, Petunidin: 15.55mg Delphinidin: 17.48mg, Delphinidin: 17.48mg, Delphinidin: 17.48mg,

Delphinidin: 17.48mg Malvidin: 33.34mg, Malvidin: 33.34mg, Malvidin: 33.34mg, Malvidin: 33.34mg Peonidin: 10.01mg, Peonidin: 10.01mg, Peonidin: 10.01mg, Peonidin: 10.01mg Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 220.86kcal (11.04%), Fat: 4.07g (6.26%), Saturated Fat: 1.82g (11.36%), Carbohydrates: 43.47g (14.49%), Net Carbohydrates: 42.12g (15.32%), Sugar: 38.12g (42.35%), Cholesterol: 98.09mg (32.7%), Sodium: 143.74mg (6.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.76%), Vitamin B2: 0.23mg (13.32%), Phosphorus: 114.54mg (11.45%), Calcium: 112.04mg (11.2%), Selenium: 7.2µg (10.28%), Vitamin C: 8.12mg (9.85%), Vitamin B12: 0.58µg (9.71%), Manganese: 0.19mg (9.44%), Vitamin K: 9.74µg (9.27%), Vitamin B5: 0.6mg (6.05%), Folate: 21.86µg (5.47%), Fiber: 1.35g (5.42%), Potassium: 173.91mg (4.97%), Vitamin A: 229.75IU (4.59%), Vitamin B6: 0.09mg (4.52%), Vitamin B1: 0.07mg (4.49%), Zinc: 0.67mg (4.44%), Vitamin E: 0.55mg (3.66%), Magnesium: 13.01mg (3.25%), Vitamin D: 0.46µg (3.06%), Copper: 0.06mg (2.88%), Iron: 0.47mg (2.62%), Vitamin B3: 0.29mg (1.45%)