



Zabaglione Gelato

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



595 kcal

DESSERT

Ingredients

- 2 tablespoons rum dark
- 4 large egg yolk
- 1 cup cup heavy whipping cream
- 6 tablespoons plum brandy dry
- 0.5 cup sugar
- 1 teaspoon vanilla extract
- 1 cup milk whole

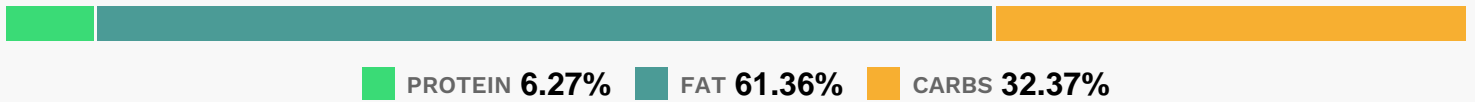
Equipment

- bowl
- sauce pan
- whisk
- sieve
- ice cream machine

Directions

- Whisk yolks and sugar in medium bowl until thick, about 2 minutes.
- Heat milk and cream in medium saucepan over medium heat until mixture bubbles at edges. Gradually whisk hot milk mixture into yolk mixture; return to saucepan. Stir over medium heat until custard leaves path on back of spoon when finger is drawn across and temperature registers 170°F, about 6 minutes. Immediately pour custard through sieve set over another medium bowl. Stir Marsala, rum, and vanilla into custard. Cover; refrigerate at least 3 hours.
- Process custard in ice cream maker.
- Transfer gelato to container. Cover and freeze until firm, at least 6 hours. (Can be made 2 days ahead. Keep frozen.)

Nutrition Facts



Properties

Glycemic Index:41.03, Glycemic Load:24.71, Inflammation Score:-7, Nutrition Score:10.350869564906%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 594.79kcal (29.74%), Fat: 37.36g (57.47%), Saturated Fat: 21.92g (137.03%), Carbohydrates: 44.34g (14.78%), Net Carbohydrates: 44.34g (16.12%), Sugar: 42.12g (46.81%), Cholesterol: 344.21mg (114.74%), Sodium: 66.46mg (2.89%), Alcohol: 8.39g (100%), Alcohol %: 4.12% (100%), Protein: 8.59g (17.17%), Vitamin A: 1624.81IU

(32.5%), Selenium: 16.97µg (24.24%), Vitamin B2: 0.39mg (23.2%), Vitamin D: 3.39µg (22.59%), Phosphorus: 219.74mg (21.97%), Calcium: 184.52mg (18.45%), Vitamin B12: 1.01µg (16.8%), Vitamin B5: 1.19mg (11.93%), Folate: 36.27µg (9.07%), Vitamin E: 1.36mg (9.04%), Vitamin B6: 0.16mg (7.86%), Potassium: 252.51mg (7.21%), Zinc: 1.08mg (7.17%), Vitamin B1: 0.11mg (7.16%), Magnesium: 19.31mg (4.83%), Iron: 0.79mg (4.4%), Manganese: 0.06mg (2.92%), Vitamin K: 2.94µg (2.8%), Copper: 0.05mg (2.29%), Vitamin B3: 0.21mg (1.06%)