



Bedouin Affogato

READY IN



7 min.

SERVINGS



4

CALORIES



413 kcal

SIDE DISH

Ingredients

- 1 to 2 cardamom pods green crushed
- 4 servings little chocolate dark for grating over top
- 4 servings ground espresso beans instant for 4-ounces brewed espresso or 1 tablespoon espresso powder
- 0.5 cup heavy cream chilled
- 1 pint whipped cream
- 8 chocolate-filled vanilla wafer cookies (gluten-free such as pepperidge farm milano or for a alternative, i like ladyfingers)

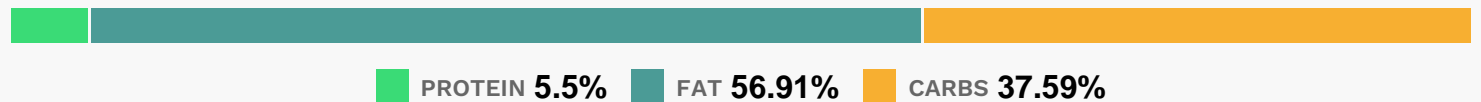
Equipment

- bowl
- sauce pan
- whisk

Directions

- In a cold bowl, whip the heavy cream until soft peaks form. Set it aside in the refrigerator until you're ready to serve.
- If you're using an espresso machine, place a cardamom pod in the filter. Pack with the espresso, compact and brew. Alternatively, if you're using the instant espresso powder, bring 1/2 cup of water to a boil in a saucepan with the cardamom pods. Then whisk in the espresso, strain, and discard the solids.
- Place a generous scoop or two of ice cream in the bottom of 4 small glasses.
- Pour a shot of espresso into each glass, and top with a dollop of cream. Crumble the cookies over the top and sprinkle with grated dark chocolate.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:23.24, Inflammation Score:-5, Nutrition Score:7.1860869086307%

Nutrients (% of daily need)

Calories: 412.52kcal (20.63%), Fat: 26.3g (40.47%), Saturated Fat: 15.81g (98.81%), Carbohydrates: 39.09g (13.03%), Net Carbohydrates: 37.84g (13.76%), Sugar: 29.98g (33.31%), Cholesterol: 85.82mg (28.61%), Sodium: 151.57mg (6.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 32.2mg (10.73%), Protein: 5.72g (11.44%), Vitamin B2: 0.37mg (21.76%), Vitamin A: 935.73IU (18.71%), Calcium: 175.11mg (17.51%), Phosphorus: 153.5mg (15.35%), Manganese: 0.19mg (9.32%), Potassium: 321.89mg (9.2%), Vitamin B12: 0.51µg (8.53%), Vitamin B5: 0.77mg (7.68%), Vitamin B1: 0.11mg (7.08%), Zinc: 0.96mg (6.41%), Magnesium: 25.34mg (6.33%), Fiber: 1.25g (4.98%), Vitamin D: 0.71µg (4.75%), Selenium: 3.22µg (4.59%), Folate: 17.66µg (4.42%), Vitamin E: 0.63mg (4.23%), Vitamin B3: 0.77mg (3.83%), Vitamin B6: 0.07mg (3.45%), Copper: 0.05mg (2.57%), Iron: 0.37mg (2.05%), Vitamin K: 1.4µg (1.33%), Vitamin C: 0.99mg (1.2%)