



Chai Ice Cream in Caramel Cups



Gluten Free



Low Fod Map

READY IN



135 min.

SERVINGS



6

CALORIES



211 kcal

DESSERT

Ingredients

- ☐ 6 servings almonds sliced for garnish
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 6 servings caramel squares
- ☐ 0.3 cup chai tea chilled brewed
- ☐ 0.5 teaspoon ground cardamom
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 0.5 teaspoon ground ginger

- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 1 pint whipped cream

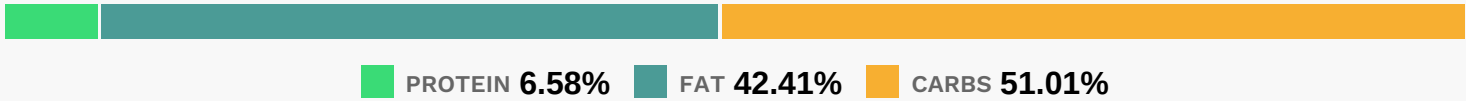
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper.
- ☐ Soften the ice cream in a large bowl.
- ☐ Add the tea and spices and mix until thoroughly combined. Pack and re-freeze at least 2 hours.
- ☐ Unwrap the caramel squares and place them on the baking sheet spaced about 2 inches apart.
- ☐ Bake until melted and softened.
- ☐ Place another piece of parchment on top and press the caramel into a circle. Cool another 2 minutes. Peel the caramel circles off the parchment and press into mini muffin pans to form a small cup shape. Cool completely.
- ☐ Scoop ice cream into cups and garnish with almonds.

Nutrition Facts



Properties

Glycemic Index:41.33, Glycemic Load:16.11, Inflammation Score:-3, Nutrition Score:4.7426087052926%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg

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Nutrients (% of daily need)

Calories: 210.99kcal (10.55%), Fat: 10.1g (15.53%), Saturated Fat: 5.7g (35.63%), Carbohydrates: 27.33g (9.11%), Net Carbohydrates: 26.32g (9.57%), Sugar: 23.38g (25.97%), Cholesterol: 35.4mg (11.8%), Sodium: 88.54mg (3.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.05%), Manganese: 0.33mg (16.53%), Vitamin B2: 0.23mg (13.49%), Calcium: 122.77mg (12.28%), Phosphorus: 100.85mg (10.09%), Vitamin A: 339.02IU (6.78%), Potassium: 200.8mg (5.74%), Vitamin B12: 0.34µg (5.63%), Vitamin B5: 0.53mg (5.33%), Magnesium: 17.88mg (4.47%), Zinc: 0.65mg (4.36%), Fiber: 1.01g (4.04%), Vitamin E: 0.56mg (3.74%), Vitamin B1: 0.05mg (3.09%), Selenium: 1.77µg (2.53%), Vitamin B6: 0.05mg (2.42%), Copper: 0.04mg (2%), Iron: 0.25mg (1.4%), Folate: 5.53µg (1.38%), Vitamin K: 1.25µg (1.19%), Vitamin D: 0.16µg (1.05%)