



Coffee-Cardamom Ice Cream with Figs

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



316 kcal

Ingredients

- ☐ 1 cup condensed milk sweetened
- ☐ 6 figs fresh sliced
- ☐ 0.5 teaspoon ground cardamom
- ☐ 0.8 cup cup heavy whipping cream
- ☐ 4 teaspoons espresso powder instant
- ☐ 1 sheet dough (9" x 14")
- ☐ 0.8 cup yogurt plain

Equipment

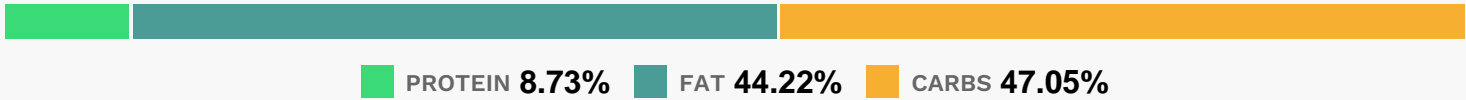
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ In a bowl, beat cream until doubled in size; set aside. In another bowl, dissolve espresso powder in 1 teaspoon warm water. Gently fold together whipped cream, dissolved espresso, condensed milk, yogurt and cardamom until incorporated. Cover with plastic wrap and freeze until solid, 6 hours.
- ☐ Heat oven to 350°F. Coat a baking sheet with cooking spray.
- ☐ Place phyllo on baking sheet and coat with cooking spray; fold in half and coat with cooking spray again.
- ☐ Bake until brown and crisp, 7 to 8 minutes.
- ☐ Let cool; shatter phyllo with your hands into small shards. Divide ice cream, phyllo pieces and figs among 6 bowls.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:18.88, Inflammation Score:-4, Nutrition Score:7.373478350432%

Nutrients (% of daily need)

Calories: 316.41kcal (15.82%), Fat: 15.93g (24.51%), Saturated Fat: 10.01g (62.56%), Carbohydrates: 38.14g (12.71%), Net Carbohydrates: 37.25g (13.54%), Sugar: 34.61g (38.45%), Cholesterol: 52.79mg (17.6%), Sodium: 110.61mg (4.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 20.93mg (6.98%), Protein: 7.07g (14.15%), Calcium: 235.41mg (23.54%), Vitamin B2: 0.35mg (20.69%), Phosphorus: 200.44mg (20.04%), Selenium: 10.32µg (14.74%), Vitamin A: 589.91IU (11.8%), Potassium: 371.34mg (10.61%), Vitamin B12: 0.44µg (7.39%), Magnesium: 29.03mg (7.26%), Vitamin B5: 0.68mg (6.84%), Zinc: 0.91mg (6.04%), Vitamin B1: 0.09mg (5.98%), Manganese: 0.12mg (5.93%), Vitamin D: 0.58µg (3.85%), Fiber: 0.89g (3.56%), Folate: 13.68µg (3.42%), Vitamin B6: 0.06mg (3.07%), Vitamin B3: 0.53mg (2.65%), Vitamin E: 0.4mg (2.64%), Iron: 0.47mg (2.6%), Vitamin K: 2.66µg (2.53%), Vitamin C: 1.88mg (2.28%), Copper: 0.04mg (2.13%)