



WHATSheATE



Dark Chocolate and Cardamom Ice Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



295 kcal

DESSERT

Ingredients

- ☐ 2 cardamom pods
- ☐ 4.5 oz chocolate dark 70% (cocoa solids)
- ☐ 0.8 cup cup heavy whipping cream
- ☐ 0.3 cup caster sugar
- ☐ 2 vanilla pod
- ☐ 0.8 cup milk whole

Equipment

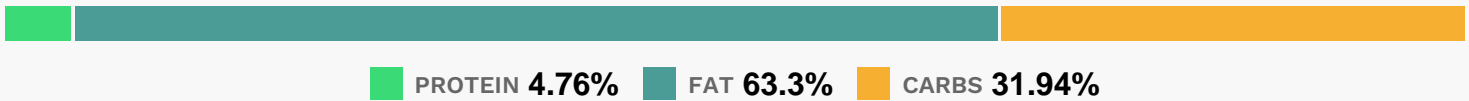
- ☐ bowl

- ☐ frying pan
- ☐ knife
- ☐ sieve

Directions

- ☐ Melt the chocolate in a heatproof bowl over a pan of barely simmering water, making sure the bowl doesn't touch the water.
- ☐ Split the vanilla bean lengthwise and scrape out the seeds with the back of a knife. Then crush the cardamom pods with the flat of the blade of the knife.
- ☐ Place the milk in a separate pan and heat to just under boiling point, then add the sugar, vanilla seeds, and cardamom pods. Stir until the sugar is dissolved.
- ☐ Using a strainer to catch the crushed cardamom pods, pour the milk into the melted chocolate and stir.
- ☐ Add the cream, stir well, and leave to cool at room temperature.
- ☐ Once cool, pour into an ice-cream maker and churn following the manufacturer's instructions. Keep in the freezer until required.
- ☐ From Green & Black's Organic Ultimate Chocolate Recipes: The New Collection edited by Micah Carr-Hill. Text © 2010 by Cadbury Holdings Limited; Photographs copyright © 2010 by Jenny Zarins. Published in 2010 by Kyle Books, an imprint of Kyle Cathie Ltd.

Nutrition Facts



Properties

Glycemic Index:22.68, Glycemic Load:10.02, Inflammation Score:-5, Nutrition Score:7.183043518792%

Nutrients (% of daily need)

Calories: 295.37kcal (14.77%), Fat: 21.11g (32.48%), Saturated Fat: 12.62g (78.88%), Carbohydrates: 23.97g (7.99%), Net Carbohydrates: 21.46g (7.81%), Sugar: 18.53g (20.58%), Cholesterol: 37.92mg (12.64%), Sodium: 24.11mg (1.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 17.01mg (5.67%), Protein: 3.57g (7.15%), Manganese: 0.6mg (30.14%), Copper: 0.38mg (19.12%), Iron: 2.66mg (14.77%), Magnesium: 55.75mg (13.94%), Phosphorus: 114.73mg (11.47%), Fiber: 2.5g (10.02%), Vitamin A: 495.03IU (9.9%), Calcium: 75.34mg (7.53%), Vitamin B2: 0.12mg (6.94%), Potassium: 233.72mg (6.68%), Zinc: 0.95mg (6.34%), Vitamin D: 0.81µg (5.41%), Vitamin B12: 0.27µg

(4.53%), Selenium: 2.98µg (4.26%), Vitamin B5: 0.28mg (2.79%), Vitamin E: 0.41mg (2.76%), Vitamin K: 2.6µg (2.47%), Vitamin B1: 0.03mg (2.11%), Vitamin B6: 0.04mg (1.93%), Vitamin B3: 0.28mg (1.41%)