



## Homemade

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



13 min.

SERVINGS



4

CALORIES



538 kcal

SIDE DISH

## Ingredients

- 4 large cardamom pods black shelled ( 1 tablespoon of seeds)
- 8 ounces quality chocolate dark coarsely chopped (Do not use chocolate chips)
- 3 large cinnamon sticks (if you have the kind you get at Indian stores, it's 3 tablespoons of cinnamon bark bits)
- 4 servings sea salt for sprinkling, optional, see cook's note\*
- 2 tablespoons coconut oil
- 0.3 cup cardamom pods green shelled ( 2 tablespoons of seeds)
- 0.5 teaspoon ground ginger for sprinkling
- 4 servings kosher salt

- 4 servings whipped cream for serving

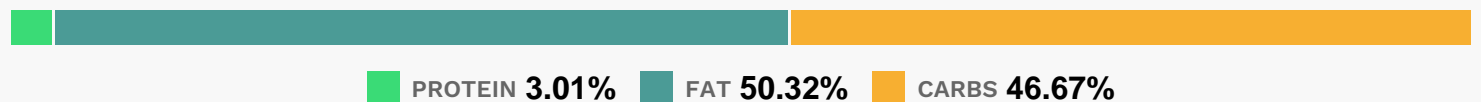
## Equipment

- bowl
- sauce pan
- ladle
- double boiler

## Directions

- Fill a small saucepan a third of the way with water. Bring the water to a boil, then reduce to a low simmer.
- Place a glass bowl over the top of the saucepan, to create a double boiler, make sure the water does not touch the bottom of the bowl.
- Add the chocolate, coconut oil and a pinch of salt. Stir until the chocolate has melted and mixture is smooth and silky.
- Off the heat, add the ginger and garam masala. Stir until well combined. Allow to cool slightly and then ladle a little over a scoop of ice cream.
- Sprinkle lightly with coarse sea salt, if using and ginger. Wait about 30 seconds for the chocolate to harden and then enjoy!
- Combine the cinnamon sticks, cloves, green cardamom seeds, black cardamom seeds, if using, in a spice grinder or coffee grinder and grind until fine. Store the spice mix in an airtight container away from direct sunlight.

## Nutrition Facts



## Properties

Glycemic Index:24.5, Glycemic Load:9.61, Inflammation Score:-3, Nutrition Score:11.388695722041%

## Nutrients (% of daily need)

Calories: 537.95kcal (26.9%), Fat: 31.56g (48.56%), Saturated Fat: 20.51g (128.2%), Carbohydrates: 65.88g (21.96%), Net Carbohydrates: 59.28g (21.56%), Sugar: 46.46g (51.62%), Cholesterol: 29.04mg (9.68%), Sodium:

443.73mg (19.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.24g (8.49%), Manganese: 5.25mg (262.42%), Fiber: 6.59g (26.37%), Calcium: 216.17mg (21.62%), Iron: 2.68mg (14.88%), Potassium: 495.87mg (14.17%), Magnesium: 49.8mg (12.45%), Zinc: 1.77mg (11.79%), Vitamin B2: 0.19mg (11.2%), Phosphorus: 101.28mg (10.13%), Vitamin A: 285.68IU (5.71%), Vitamin C: 4.02mg (4.88%), Copper: 0.09mg (4.49%), Vitamin B12: 0.26µg (4.29%), Vitamin B1: 0.06mg (4.07%), Vitamin B5: 0.39mg (3.94%), Vitamin B6: 0.08mg (3.8%), Selenium: 1.41µg (2.01%), Vitamin E: 0.27mg (1.78%), Vitamin B3: 0.32mg (1.6%), Vitamin K: 1.06µg (1.01%)