



Lemon Cardamom Syllabub

 Vegetarian  Gluten Free

READY IN



720 min.

SERVINGS



4

CALORIES



477 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup brandy
- 3 cardamom pods crushed
- 1 pint cup heavy whipping cream
- 2 teaspoons lemon zest
- 2 tablespoons sugar

Equipment

- bowl
- whisk

Directions

- Combine brandy, sugar, cardamom, and lemon zest and juice and mix until sugar is dissolved. Cover and let sit on counter overnight.
- Strain brandy mixture into a large bowl.
- Pour cream over brandy and, using a whisk, beat until desired thickness is reached—thicker for a more traditional syllabub, or looser if preferred.

Nutrition Facts

PROTEIN 3.2% **FAT 87.27%** **CARBS 9.53%**

Properties

Glycemic Index:22.52, Glycemic Load:4.22, Inflammation Score:-7, Nutrition Score:6.2365217623503%

Nutrients (% of daily need)

Calories: 476.63kcal (23.83%), Fat: 42.83g (65.89%), Saturated Fat: 27.22g (170.11%), Carbohydrates: 10.52g (3.51%), Net Carbohydrates: 10g (3.64%), Sugar: 9.48g (10.54%), Cholesterol: 133.67mg (44.56%), Sodium: 32.53mg (1.41%), Alcohol: 6.68g (100%), Alcohol %: 5.77% (100%), Protein: 3.54g (7.07%), Vitamin A: 1739.42IU (34.79%), Manganese: 0.43mg (21.25%), Vitamin B2: 0.23mg (13.4%), Vitamin D: 1.89µg (12.62%), Calcium: 85.22mg (8.52%), Vitamin E: 1.09mg (7.27%), Phosphorus: 72.2mg (7.22%), Selenium: 3.59µg (5.13%), Potassium: 131.28mg (3.75%), Vitamin K: 3.79µg (3.61%), Vitamin B12: 0.19µg (3.15%), Vitamin B5: 0.3mg (3.05%), Magnesium: 11.87mg (2.97%), Vitamin C: 2.31mg (2.81%), Zinc: 0.41mg (2.71%), Vitamin B6: 0.05mg (2.34%), Fiber: 0.53g (2.1%), Iron: 0.35mg (1.93%), Vitamin B1: 0.03mg (1.9%), Folate: 4.86µg (1.22%), Copper: 0.02mg (1.21%)