INDIAN · DESSERT

Keto Malai Kulfi with Saffron and Cardamom

20 min · plus at least 8 hours freezing · Makes 8 × ⅓ cup (1 pop or 3 minis) · 216 kcal a portion

Video 10:01 · EasyToKeto

Vegetarian · Gluten-free ingredients · No nuts listed

Cream infused with saffron and cardamom, sweetened with erythritol, stevia and monk fruit instead of sugar: about 2 g net carbs a serve.

Diet notes: Keto (1.7 g net carbs a serve).

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Ingredients

8 · MAKES 8 × ⅓ CUP (1 POP OR 3 MINIS)

- [ ] 1 cup **heavy whipping cream**, for the saffron base
- [ ] ½ cup **erythritol** (Anthony's)
- [ ] **stevia-monk fruit sweetener**, 4 packets (Whole Earth)
- [ ] ½ tsp **ground cardamom** (¼ tsp seeds, crushed)
- [ ] a pinch of **saffron threads**, crushed
- [ ] ¼ tsp **xanthan gum**
- [ ] 1 tbsp **salted butter**
- [ ] 1 cup **cold heavy whipping cream**, for whipping

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method

TIMES = THE MOMENT IN THE VIDEO

1. In a large microwave-safe bowl, mix 1 cup cream with the erythritol, the stevia-monk fruit packets, the freshly crushed cardamom and the saffron, crumbled between your fingers. 0:59
2. Microwave for 2½–3 minutes, watching that it doesn't boil over. Stir, then microwave 1 minute more, until the saffron turns it a rich yellow. 3:23
3. While it's hot, sprinkle in the xanthan gum and whisk in the salted butter until melted. 4:29
4. In another bowl, whip the second cup of cold cream to stiff peaks. 5:41
5. Cool the saffron cream in an ice bath, whisking, then fold in the whipped cream a little at a time until light and even. 6:04
6. Pour into popsicle moulds (not quite to the top; it expands) and a silicone mini-muffin tray with the rest. Freeze at least 8 hours. 6:55
7. To unmould, run the moulds briefly under room-temperature water. 8:05

> **Tip** Serves are our estimate: the batch filled 4 popsicle moulds and most of a 24-cup mini-muffin tray. Silicone moulds release the minis more easily.

The method is a summary in our words — the video shows every step.

One portion, ⅓ cup (1 pop or 3 minis), gives you

1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
216 kcal	1.3 g	1.8 g	0.1 g	23 g	40 mg
900 kJ	3% of a day	1.7 g net · 1.7 g sugars	0% of a day	15 g saturated	2% of a day
		1% of a day		29% of a day	

Energy from net carbs 3% · protein 2% · fat 95% — fits keto: 1.7 g net carbs, 95% of the energy from fat

High in (20%+ of a day) Vitamin A 29%

Source of (10–19%) Omega-3 12%

Recipe and video: EasyToKeto (@EasyToKeto) on YouTube — youtube.com/watch?v=tj0z1kl6iu4, published 19 May 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-malai-kulfi-saffron-cardamom