



Affogato



Vegetarian



Gluten Free

READY IN



8 min.

SERVINGS



4

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 teaspoons grand marnier orange-flavored (liqueur)
- ☐ 2 cups ice-cream chocolate shell low-fat
- ☐ 1 teaspoon orange rind fresh grated
- ☐ 0.8 cup strong coffee decoction hot brewed
- ☐ 0.3 cup non-dairy whipped topping fat-free frozen thawed

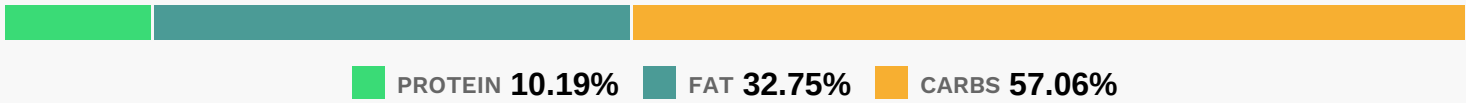
Equipment

- ☐ bowl

Directions

- ☐ Spoon 1/2 cup ice cream into each of 4 small bowls or coffee cups; freeze 15 minutes.
- ☐ Pour 3 tablespoons coffee and 1 teaspoon liqueur over each serving. Top each with 1 tablespoon whipped topping and 1/4 teaspoon grated orange rind.
- ☐ Serve immediately.
- ☐ Affogato (ah-foh-GAH-toh), which means "drowned," is an ice cream dessert that's drowned in espresso or strongly brewed coffee and alcohol.

Nutrition Facts



Properties

Glycemic Index:5.25, Glycemic Load:3.97, Inflammation Score:-3, Nutrition Score:3.4486956907355%

Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Myricetin: 0.02mg,
Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin:
0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 165.43kcal (8.27%), Fat: 5.72g (8.81%), Saturated Fat: 3.47g (21.68%), Carbohydrates: 22.44g (7.48%), Net Carbohydrates: 21.76g (7.91%), Sugar: 21.13g (23.48%), Cholesterol: 22.03mg (7.34%), Sodium: 58.64mg (2.55%), Alcohol: 1.3g (100%), Alcohol %: 1.26% (100%), Caffeine: 20.59mg (6.86%), Protein: 4.01g (8.01%), Calcium: 127.65mg (12.76%), Vitamin B2: 0.16mg (9.52%), Phosphorus: 68.01mg (6.8%), Vitamin A: 333.3IU (6.67%), Potassium: 158.6mg (4.53%), Manganese: 0.09mg (4.39%), Magnesium: 17.17mg (4.29%), Copper: 0.08mg (4.13%), Vitamin B5: 0.3mg (3.02%), Iron: 0.54mg (2.98%), Vitamin B12: 0.18µg (2.93%), Fiber: 0.68g (2.72%), Selenium: 1.83µg (2.62%), Zinc: 0.35mg (2.35%), Vitamin B1: 0.03mg (2.1%), Vitamin C: 1.59mg (1.93%), Vitamin B6: 0.02mg (1.23%), Folate: 4.88µg (1.22%), Vitamin E: 0.16mg (1.08%), Vitamin B3: 0.21mg (1.05%)