



Affogato al caffè (Vanilla ice cream & coffee)



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



6

CALORIES



274 kcal

Ingredients



6 shots hot-brewed coffee hot



12 scoops whipped cream

Equipment



bowl

Directions

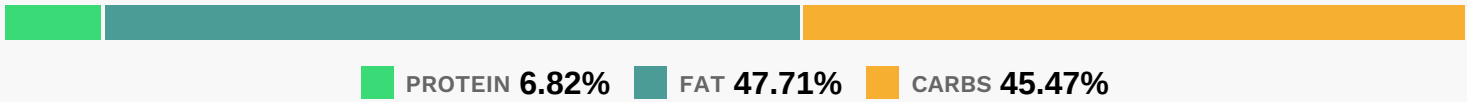


Several hours in advance, lay ice cream on a freezer-proof tray and put the tray back in the freezer. To serve, put balls of ice cream into 6 small glasses or bowls, and pour a shot of hot espresso coffee over each.

☐

Serve straight away, stirring thevanilla ice cream into the hot coffeeso that it melts a little.

Nutrition Facts



Properties

Glycemic Index:10.17, Glycemic Load:18.44, Inflammation Score:-4, Nutrition Score:5.4669565286325%

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: 273.68kcal (13.68%), Fat: 14.53g (22.35%), Saturated Fat: 8.96g (56.02%), Carbohydrates: 31.15g (10.38%),
Net Carbohydrates: 30.23g (10.99%), Sugar: 27.98g (31.09%), Cholesterol: 58.08mg (19.36%), Sodium: 106.49mg
(4.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 17.74mg (5.91%), Protein: 4.67g (9.35%), Vitamin B2:
0.35mg (20.62%), Calcium: 169.85mg (16.98%), Phosphorus: 139.93mg (13.99%), Vitamin A: 555.72IU (11.11%),
Vitamin B5: 0.88mg (8.8%), Vitamin B12: 0.51µg (8.58%), Potassium: 284.42mg (8.13%), Zinc: 0.92mg (6.13%),
Magnesium: 19.81mg (4.95%), Vitamin B1: 0.06mg (4.02%), Fiber: 0.92g (3.7%), Selenium: 2.38µg (3.39%), Vitamin
B6: 0.06mg (3.19%), Vitamin E: 0.4mg (2.67%), Folate: 7.49µg (1.87%), Vitamin D: 0.26µg (1.76%), Copper: 0.03mg
(1.56%), Vitamin B3: 0.24mg (1.19%), Manganese: 0.02mg (1.04%)