

Affogato Mocha



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



499 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 pint ice-cream chocolate shell
- ☐ 8 tablespoons hot-brewed coffee hot brewed
- ☐ 8 tablespoons rum dark
- ☐ 8 tablespoons bittersweet chocolate unsweetened finely chopped (not)

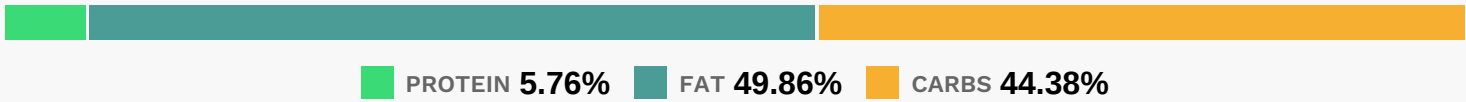
Equipment

- ☐ bowl

Directions

☐ Divide ice cream among 4 dessert bowls or coffee cups. Spoon 2 tablespoons each of chocolate, espresso, and rum over ice cream and serve immediately.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:15.97, Inflammation Score:-6, Nutrition Score:10.523478254028%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.01mg, Myricetin:
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:
0.01mg

Nutrients (% of daily need)

Calories: 498.81kcal (24.94%), Fat: 24.51g (37.71%), Saturated Fat: 14.65g (91.59%), Carbohydrates: 49.08g (16.36%), Net Carbohydrates: 45.27g (16.46%), Sugar: 41.06g (45.62%), Cholesterol: 42.02mg (14.01%), Sodium: 93.79mg (4.08%), Alcohol: 10.02g (100%), Alcohol %: 6.11% (100%), Caffeine: 41.18mg (13.73%), Protein: 6.37g (12.73%), Manganese: 0.58mg (28.77%), Copper: 0.54mg (27.05%), Magnesium: 87.99mg (22%), Phosphorus: 206.66mg (20.67%), Iron: 3.01mg (16.73%), Vitamin B2: 0.27mg (15.76%), Fiber: 3.82g (15.28%), Calcium: 148.13mg (14.81%), Potassium: 479.74mg (13.71%), Vitamin A: 507.1IU (10.14%), Zinc: 1.5mg (9.99%), Vitamin B5: 0.82mg (8.2%), Selenium: 5.48µg (7.82%), Vitamin B12: 0.4µg (6.62%), Folate: 19.52µg (4.88%), Vitamin B1: 0.07mg (4.35%), Vitamin B6: 0.08mg (3.79%), Vitamin E: 0.53mg (3.57%), Vitamin B3: 0.58mg (2.9%), Vitamin K: 2.54µg (2.42%), Vitamin D: 0.24µg (1.58%)