



Baileys® Iced Coffee



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



326 kcal

BEVERAGE

DRINK

Ingredients



7 ounces freshly-brewed coffee



3.5 ounces baileys original irish cream

Equipment

Directions



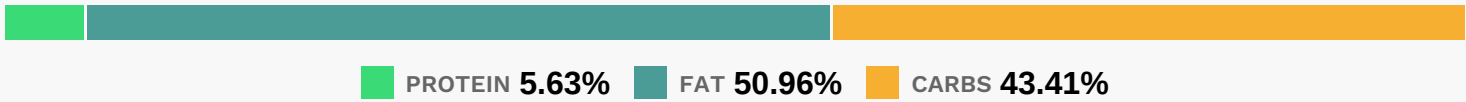
Brew coffee and allow to cool



Pour Baileys and coffee into a tall, ice-filled glass

Stir and enjoy!

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:1.1821739054892%

Flavonoids

Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg
Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Myricetin: 0.1mg, Myricetin:
0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 326.44kcal (16.32%), Fat: 12.94g (19.91%), Saturated Fat: 7.94g (49.64%), Carbohydrates: 24.81g (8.27%),
Net Carbohydrates: 24.81g (9.02%), Sugar: 19.84g (22.05%), Cholesterol: 0.04mg (0.01%), Sodium: 4.05mg (0.18%),
Alcohol: 13.4g (100%), Alcohol %: 5.7% (100%), Caffeine: 79.38mg (26.46%), Protein: 3.21g (6.43%), Vitamin B2:
0.15mg (8.87%), Vitamin B5: 0.5mg (5.04%), Potassium: 97.24mg (2.78%), Manganese: 0.05mg (2.28%), Vitamin
B3: 0.38mg (1.9%), Vitamin B1: 0.03mg (1.85%), Magnesium: 5.95mg (1.49%)