



Bicerin - coffee & chocolate drink

 Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



51 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 small jug of really drinking chocolate
- ☐ 2 servings strong espresso
- ☐ 2 servings sugar to taste
- ☐ 2 servings single cream

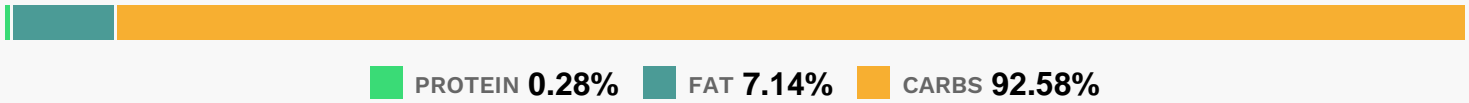
Equipment

- ☐ whisk

Directions

- ☐ Make up a small jug of really good-quality drinking chocolate (I use Charbonnel & Walker, which is quite expensive, but tastes fantastic). Make some strong espresso. Third-fill two glasses with the coffee, adding sugar to taste.
- ☐ Add another third of chocolate.
- ☐ Whisk some single cream until frothy, pour over the mocha so that it sits on the top. Drink and enjoy.

Nutrition Facts



Properties

Glycemic Index:35.05, Glycemic Load:8.38, Inflammation Score:0, Nutrition Score:0.084347825497389%

Nutrients (% of daily need)

Calories: 51.21kcal (2.56%), Fat: 0.42g (0.65%), Saturated Fat: 0.24g (1.53%), Carbohydrates: 12.37g (4.12%), Net Carbohydrates: 12.35g (4.49%), Sugar: 12.28g (13.64%), Cholesterol: 1.11mg (0.37%), Sodium: 4.85mg (0.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.04g (0.08%)