



Broken biscotti ice cream with hot mocha

 Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



466 kcal

Ingredients

- ☐ 500 ml whipped cream
- ☐ 12 grands flaky refrigerator biscuits
- ☐ 100 g chocolate dark
- ☐ 2 tbsp brandy
- ☐ 200 ml strong coffee decoction (1 mug)

Equipment

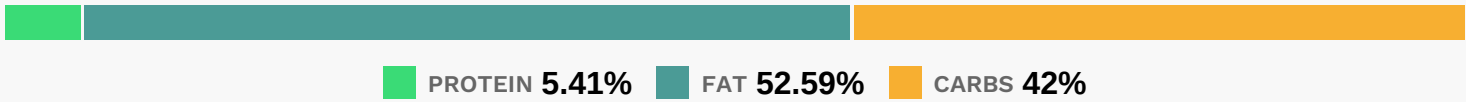
- ☐ bowl
- ☐ frying pan
- ☐ microwave

☐ rolling pin

Directions

- ☐ Leave the ice cream out of the freezer for 5 mins to soften, then tip into a bowl. Meanwhile, put six of the biscotti into a freezer bag and lightly crush with a rolling pin, fold into the ice cream, then return to the freezer.
- ☐ Break the chocolate into a pan or microwaveable bowl, add the brandy and heat gently until melted or microwave on High for 30 secs. Stir (it will thicken), then pour in the hot coffee and carry on stirring until smooth.
- ☐ Scoop the ice cream into heatproof glasses or bowls, then pour the mocha over.
- ☐ Serve straight away with the remaining biscotti.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:23.75, Inflammation Score:-5, Nutrition Score:10.691304421943%

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: 0.03mg,
Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin:
0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 465.89kcal (23.29%), Fat: 26.2g (40.31%), Saturated Fat: 13.29g (83.05%), Carbohydrates: 47.07g (15.69%), Net Carbohydrates: 43.47g (15.81%), Sugar: 27.26g (30.29%), Cholesterol: 31.44mg (10.48%), Sodium: 167.77mg (7.29%), Alcohol: 2.51g (100%), Alcohol %: 1.74% (100%), Caffeine: 40.03mg (13.34%), Protein: 6.06g (12.12%), Manganese: 0.63mg (31.69%), Copper: 0.49mg (24.36%), Iron: 3.94mg (21.89%), Vitamin B2: 0.32mg (18.79%), Magnesium: 72.47mg (18.12%), Phosphorus: 171.83mg (17.18%), Fiber: 3.6g (14.41%), Calcium: 112.42mg (11.24%), Potassium: 368.63mg (10.53%), Vitamin B1: 0.15mg (10.03%), Zinc: 1.47mg (9.79%), Vitamin E: 1.09mg (7.29%), Vitamin B5: 0.73mg (7.28%), Folate: 28.79µg (7.2%), Vitamin B3: 1.42mg (7.13%), Selenium: 4.82µg (6.88%), Vitamin A: 329.16IU (6.58%), Vitamin B12: 0.34µg (5.7%), Vitamin K: 5.38µg (5.13%), Vitamin B6: 0.06mg (3.24%)