

Café Cubano for this Americano



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



32 kcal

SIDE DISH

Ingredients



6 servings ground cuban coffee as needed finely



0.3 cup sugar



6 servings water as needed

Equipment



whisk



pot



stove



measuring cup

Directions

- ☐ Prepare a 6-serving stove-top espresso maker according to manufacturer’s directions and brew a pot of strong Cuban coffee or espresso.
- ☐ Put the sugar in a large glass measuring cup and add 1 or 2 tablespoons of the hot coffee or espresso. Using a small whisk, beat the sugar with the coffee or espresso until pale and thick and nearly dissolved, about 1 minute. Stir in the remaining hot coffee or espresso.
- ☐ Let the foam rise to the top, then pour into espresso style cups and serve immediately.Like this:Like Loading...

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:5.82, Inflammation Score:0, Nutrition Score:0.1560869547336%

Nutrients (% of daily need)

Calories: 32.08kcal (1.6%), Fat: 0.03g (0.04%), Saturated Fat: 0g (0%), Carbohydrates: 8.3g (2.77%), Net Carbohydrates: 8.3g (3.02%), Sugar: 8.32g (9.24%), Cholesterol: 0mg (0%), Sodium: 11.91mg (0.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%), Copper: 0.04mg (1.92%)