

Caramel Espresso Float

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



477 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons bittersweet chocolate with a vegetable peeler; from a 3-oz bar)
- ☐ 3 tablespoons powdered sugar
- ☐ 6 tablespoons granulated sugar
- ☐ 0.5 cup cup heavy whipping cream chilled
- ☐ 2 cups ice cubes
- ☐ 0.3 cup espresso powder
- ☐ 2 tablespoons nuts such as almonds or hazelnuts, toasted chopped
- ☐ 4 scoops whipped cream generous (from 1 pint)

☐ 2 cups water

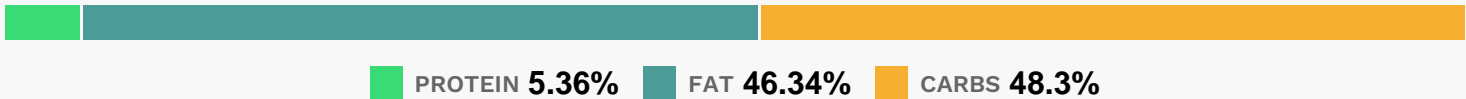
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ hand mixer

Directions

- ☐ Cook granulated sugar in a dry 2- to 3-quart heavy saucepan over moderate heat, undisturbed, until it begins to melt. Continue to cook, stirring occasionally with a fork, until sugar melts into a deep golden caramel.
- ☐ Remove from heat and carefully add 1 cup water (caramel will harden and steam vigorously). Cook over high heat, stirring, until caramel is dissolved, then remove pan from heat.
- ☐ Add espresso powder and stir until dissolved.
- ☐ Add remaining cup water and ice cubes and stir until espresso is cold. Discard any unmelted ice cubes.
- ☐ Beat cream with confectioners sugar in a bowl with an electric mixer until it just holds soft peaks. Divide ice cream among 4 (8-ounce) glasses, then pour 1/2 cup espresso over each serving and top with whipped cream, nuts, and chocolate.
- ☐ *Available at most supermarkets and The
- ☐ Baker's Catalogue (800-827-6836).

Nutrition Facts



Properties

Glycemic Index:40.19, Glycemic Load:22.03, Inflammation Score:-6, Nutrition Score:9.9960870535477%

Nutrients (% of daily need)

Calories: 477.44kcal (23.87%), Fat: 25.01g (38.48%), Saturated Fat: 14.18g (88.6%), Carbohydrates: 58.65g (19.55%), Net Carbohydrates: 56.84g (20.67%), Sugar: 42.82g (47.58%), Cholesterol: 63.33mg (21.11%), Sodium: 80.16mg

(3.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 473.98mg (157.99%), Protein: 6.51g (13.02%), Manganese: 0.51mg (25.28%), Magnesium: 93.09mg (23.27%), Vitamin B3: 4.59mg (22.97%), Potassium: 777.17mg (22.2%), Phosphorus: 182.36mg (18.24%), Vitamin B2: 0.25mg (14.43%), Vitamin A: 721.56IU (14.43%), Calcium: 142.78mg (14.28%), Copper: 0.28mg (14.14%), Iron: 1.65mg (9.17%), Zinc: 1.09mg (7.28%), Fiber: 1.81g (7.25%), Selenium: 5.03µg (7.19%), Vitamin B5: 0.57mg (5.68%), Vitamin B12: 0.33µg (5.42%), Vitamin D: 0.61µg (4.05%), Vitamin E: 0.54mg (3.59%), Vitamin B6: 0.06mg (3.25%), Vitamin B1: 0.05mg (3.19%), Vitamin K: 2.24µg (2.13%), Folate: 6.99µg (1.75%)