



Cinn-ful Coffee



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



69 kcal

BEVERAGE

DRINK

Ingredients

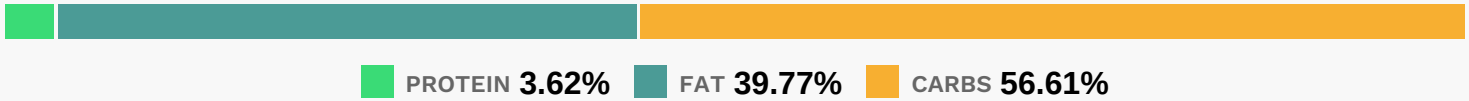
- ☐ 5 servings cinnamon sticks
- ☐ 3 T rum / brandy / coffee liqueur
- ☐ 1 tablespoon bittersweet chocolate grated
- ☐ 1 cup strong coffee decoction hot brewed
- ☐ 5 servings whipped cream

Equipment

Directions

- ☐
- Combine coffee, chocolate and liqueur, if using, in a large cup or mug; stir until chocolate melts. Dollop with whipped cream.
- ☐
- Garnish with cinnamon stick, if desired.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.44, Inflammation Score:-1, Nutrition Score:2.1178260963896%

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: 0.02mg,
Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin:
0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 69.07kcal (3.45%), Fat: 2.54g (3.91%), Saturated Fat: 1.51g (9.42%), Carbohydrates: 8.15g (2.72%), Net
Carbohydrates: 6.84g (2.49%), Sugar: 5.84g (6.49%), Cholesterol: 4.74mg (1.58%), Sodium: 2.65mg (0.12%),
Alcohol: 1.95g (100%), Alcohol %: 3.67% (100%), Caffeine: 21.54mg (7.18%), Protein: 0.52g (1.04%), Manganese:
0.4mg (20%), Fiber: 1.3g (5.21%), Calcium: 28.91mg (2.89%), Vitamin B2: 0.04mg (2.48%), Copper: 0.05mg (2.29%),
Magnesium: 8.56mg (2.14%), Iron: 0.36mg (2.02%), Potassium: 57.68mg (1.65%), Phosphorus: 15.84mg (1.58%),
Vitamin B5: 0.15mg (1.55%)