



## Cinnamon-Spiced Mocha Floats

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



334 kcal

DESSERT

### Ingredients

- 1 teaspoon cinnamon plus more for sprinkling (see Note)
- 4 servings club soda chilled
- 0.3 cup granulated sugar
- 1 cup heavy cream
- 2 ounces bittersweet chocolate coarsely chopped
- 0.3 teaspoon vanilla extract pure
- 0.8 cup water boiling
- 1 ounce ground espresso finely

## Equipment

- bowl
- sauce pan
- whisk
- wooden spoon
- spatula
- ice cream scoop
- measuring cup
- drinking straws

## Directions

- In a glass measuring cup, pour the boiling water over the espresso. Cover the measuring cup with a small plate and let steep for 10 minutes. Strain the espresso through a paper filter into a small saucepan.
- Whisk 1/4 cup of the sugar and 1 teaspoon of the cinnamon into the espresso and bring to a boil. Reduce the heat to moderate and simmer for 1 minute.
- Remove the saucepan from the heat, add the chocolate and, using a wooden spoon, stir until smooth. Using a rubber spatula, scrape the mocha mixture into a small bowl and let cool to room temperature, stirring a few times.
- Meanwhile, in a large bowl, whip the heavy cream with the remaining 1 1/2 tablespoons of sugar and the vanilla until the cream holds soft peaks.
- Add the cooled mocha mixture and whip until the cream holds firm peaks. Cover the mocha cream and freeze until set, about 3 hours.
- Using a medium ice cream scoop, add 3 or 4 small scoops of the frozen cream to tall soda glasses.
- Add club soda and sprinkle cinnamon over the top.
- Serve at once with a straw and a long-handled spoon.
- Make Ahead: The mocha cream can be frozen for up to 2 days.
- Let it stand at room temperature for about 10 minutes before scooping.
- Notes: Vietnamese cinnamon is available by mail order from Penzeys Spices, 800-741-

# Nutrition Facts

PROTEIN 3.02% FAT 71.16% CARBS 25.82%

## Properties

Glycemic Index:18.77, Glycemic Load:8.73, Inflammation Score:-5, Nutrition Score:4.9286956644577%

## Nutrients (% of daily need)

Calories: 334.45kcal (16.72%), Fat: 26.96g (41.47%), Saturated Fat: 16.81g (105.06%), Carbohydrates: 22g (7.33%), Net Carbohydrates: 20.61g (7.49%), Sugar: 19.46g (21.62%), Cholesterol: 68.09mg (22.7%), Sodium: 20.11mg (0.87%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Caffeine: 22.33mg (7.44%), Protein: 2.58g (5.15%), Vitamin A: 883.21IU (17.66%), Manganese: 0.28mg (13.84%), Copper: 0.19mg (9.67%), Magnesium: 29.9mg (7.47%), Phosphorus: 71.7mg (7.17%), Vitamin B2: 0.12mg (7.15%), Vitamin D: 0.95µg (6.35%), Fiber: 1.4g (5.6%), Iron: 1mg (5.58%), Calcium: 54.6mg (5.46%), Selenium: 3.07µg (4.38%), Vitamin E: 0.64mg (4.28%), Potassium: 139.69mg (3.99%), Zinc: 0.53mg (3.56%), Vitamin K: 3.08µg (2.93%), Vitamin B12: 0.12µg (2.01%), Vitamin B5: 0.2mg (1.96%), Vitamin B6: 0.03mg (1.32%), Vitamin B1: 0.02mg (1.1%)