



Coffee Coconut Egg Cream

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



35 min.

SERVINGS



1

CALORIES



1399 kcal

BEVERAGE

DRINK

Ingredients

- 1 tablespoon coconut milk
- 0.5 cup coffee-bean granita whole
- 4 tablespoons dave's vanilla and coffee syrup
- 1 serving ice cubes
- 1.5 cups sugar
- 1.5 cups water

Equipment

- bowl

- sauce pan
- sieve
- cheesecloth

Directions

- Combine water and sugar in a small saucepan over high heat. Bring to a boil, stirring intermittently. While the mixture heats, place the ground coffee in a large, heatproof bowl. Once the syrup reaches a boil and the sugar is fully dissolved, carefully pour the hot syrup over the ground coffee. Stir once and allow to steep for 7 minutes. Strain the mixture once through a fine mesh sieve lined with cheesecloth and a second time through a coffee filter. Cool to room temperature and refrigerate.
- Place the coffee syrup, coconut milk, and seltzer in a small tumbler. Stir and add ice to fill.
- Serve immediately.

Nutrition Facts

PROTEIN 0.08% **FAT 2.58%** **CARBS 97.34%**

Properties

Glycemic Index:267.09, Glycemic Load:263.37, Inflammation Score:2, Nutrition Score:1.6178260912066%

Nutrients (% of daily need)

Calories: 1398.95kcal (69.95%), Fat: 4.16g (6.4%), Saturated Fat: 2.84g (17.73%), Carbohydrates: 352.75g (117.58%), Net Carbohydrates: 352.75g (128.27%), Sugar: 336.64g (374.04%), Cholesterol: 0mg (0%), Sodium: 47.09mg (2.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 50.05mg (16.68%), Protein: 0.3g (0.61%), Copper: 0.14mg (7.05%), Manganese: 0.13mg (6.36%), Vitamin B2: 0.06mg (3.82%), Iron: 0.69mg (3.81%), Magnesium: 14.21mg (3.55%), Selenium: 2.28µg (3.26%), Calcium: 22.83mg (2.28%), Phosphorus: 17.6mg (1.76%), Potassium: 61.4mg (1.75%), Zinc: 0.26mg (1.73%)