

Coffee Flip

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



65 kcal

BEVERAGE

DRINK

Ingredients

- 1 large egg whites
- 0.5 ounce cup heavy whipping cream
- 1 serving ice cubes

Equipment

Directions

- Place a cocktail glass in the freezer to chill.

- Combine the egg white, coffee liqueur, and cream in a cocktail shaker and shake vigorously until the mixture is frothy, about 30 seconds. Fill the shaker halfway with ice, cover, and shake until the outside is frosted, about 30 seconds. Strain into the chilled glass.

Nutrition Facts

PROTEIN 24.56% **FAT 71.48%** **CARBS 3.96%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:1.6478260985535%

Nutrients (% of daily need)

Calories: 65.35kcal (3.27%), Fat: 5.17g (7.96%), Saturated Fat: 3.26g (20.38%), Carbohydrates: 0.64g (0.21%), Net Carbohydrates: 0.64g (0.23%), Sugar: 0.65g (0.72%), Cholesterol: 16.02mg (5.34%), Sodium: 61.41mg (2.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4g (8%), Vitamin B2: 0.17mg (10.09%), Selenium: 7.03µg (10.04%), Vitamin A: 208.37IU (4.17%), Potassium: 67.26mg (1.92%), Vitamin D: 0.23µg (1.51%), Calcium: 13.35mg (1.33%), Phosphorus: 13.17mg (1.32%), Magnesium: 5.18mg (1.3%)