



Coffee-Hazelnut Floats



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



370 kcal

DESSERT

Ingredients

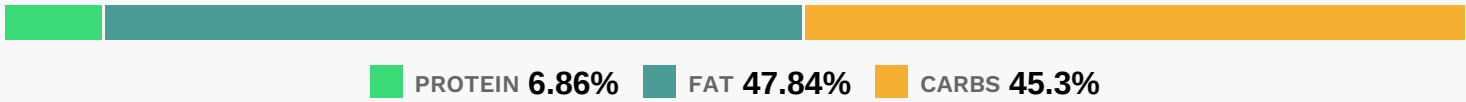
- ☐ 4 teaspoons chocolate-covered coffee beans
- ☐ 24 oz coffee soda cold
- ☐ 0.5 cup frangelico
- ☐ 2.5 cups coffee ice cream
- ☐ 2.5 cups whipped cream

Equipment

Directions

- ☐ Scoop 2 1/2 cups each vanilla ice cream and coffee ice cream equally into 4 glasses (each 16 oz.).
- ☐ Add 2 tablespoons hazelnut liqueur (1/2 cup total) or 1 tablespoon hazelnut syrup (1/4 cup total) to each glass, then slowly fill with cold coffee soda, about 2 bottles (12 oz. each) total.
- ☐ Sprinkle 4 teaspoons chocolate-covered coffee beans equally onto ice cream.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:23.05, Inflammation Score:-5, Nutrition Score:7.9552174366039%

Flavonoids

Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg
Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Myricetin: 0.09mg,
Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin:
0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 369.87kcal (18.49%), Fat: 19.66g (30.25%), Saturated Fat: 11.95g (74.66%), Carbohydrates: 41.89g (13.96%), Net Carbohydrates: 40.37g (14.68%), Sugar: 37.07g (41.19%), Cholesterol: 73.24mg (24.41%), Sodium: 136.63mg (5.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 109.39mg (36.46%), Protein: 6.35g (12.7%), Vitamin B2: 0.54mg (31.67%), Calcium: 219.53mg (21.95%), Phosphorus: 185.01mg (18.5%), Vitamin B5: 1.4mg (13.96%), Vitamin A: 694.65IU (13.89%), Potassium: 428.55mg (12.24%), Vitamin B12: 0.64µg (10.72%), Magnesium: 33.48mg (8.37%), Zinc: 1.24mg (8.25%), Vitamin B1: 0.09mg (6.16%), Fiber: 1.52g (6.1%), Selenium: 3.11µg (4.44%), Vitamin B6: 0.08mg (4.14%), Manganese: 0.08mg (3.99%), Vitamin E: 0.52mg (3.49%), Copper: 0.07mg (3.46%), Folate: 11.8µg (2.95%), Vitamin B3: 0.54mg (2.72%), Vitamin D: 0.33µg (2.2%), Iron: 0.3mg (1.66%), Vitamin C: 0.99mg (1.2%)