



Coffee-Ice Cream Punch

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



257 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 1 quart ice-cream chocolate shell
- ☐ 1 quart coffee concentrate chilled
- ☐ 1 Dash salt
- ☐ 1 quart whipped cream
- ☐ 20 servings garnishes: whipped cream freshly grated
- ☐ 1 cup whipping cream

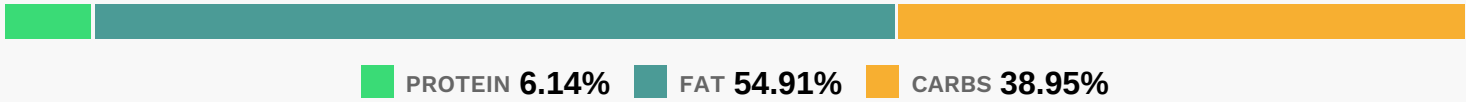
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together 1 quart Coffee Concentrate and next 3 ingredients.
- ☐ Scoop vanilla and chocolate ice creams into a punch bowl; add Coffee Concentrate mixture, gently stirring until ice cream slightly melts.
- ☐ Serve punch in glass mugs.
- ☐ Garnish, if desired.
- ☐ *Strong brewed coffee may be substituted for Coffee Concentrate.

Nutrition Facts



Properties

Glycemic Index:8.3, Glycemic Load:13.41, Inflammation Score:-4, Nutrition Score:5.1352173660112%

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: 256.79kcal (12.84%), Fat: 16.05g (24.69%), Saturated Fat: 10g (62.49%), Carbohydrates: 25.61g (8.54%),
Net Carbohydrates: 24.71g (8.99%), Sugar: 22.89g (25.43%), Cholesterol: 54.91mg (18.3%), Sodium: 80.4mg (3.5%),
Alcohol: 0.03g (100%), Alcohol %: 0.03% (100%), Caffeine: 20.35mg (6.78%), Protein: 4.04g (8.08%), Vitamin B2:
0.27mg (15.75%), Calcium: 127.02mg (12.7%), Vitamin A: 612.08IU (12.24%), Phosphorus: 113.98mg (11.4%),
Potassium: 255.44mg (7.3%), Vitamin B5: 0.71mg (7.06%), Vitamin B12: 0.36µg (5.97%), Magnesium: 23.27mg
(5.82%), Zinc: 0.66mg (4.41%), Manganese: 0.08mg (4.07%), Copper: 0.08mg (3.88%), Fiber: 0.9g (3.6%), Selenium:
2.48µg (3.54%), Vitamin B1: 0.05mg (3.37%), Vitamin E: 0.44mg (2.91%), Folate: 11.54µg (2.88%), Iron: 0.5mg
(2.79%), Vitamin B6: 0.06mg (2.79%), Vitamin D: 0.4µg (2.69%), Vitamin B3: 0.26mg (1.32%)