



Coffee semifreddo



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



226 kcal

DESSERT

Ingredients

- ☐ 1 tbsp coffee instant
- ☐ 1 tbsp rum
- ☐ 4 large eggs separated
- ☐ 100 g brown sugar
- ☐ 300 ml double cream
- ☐ 8 servings chocolate curls dark
- ☐ 100 g frangelico finely chopped
- ☐ 100 g frangelico finely chopped

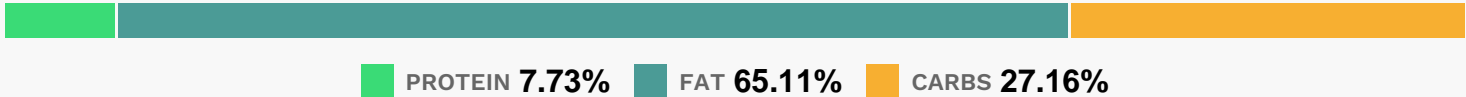
Equipment

- ☐ bowl
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Oil and line a 1-litre loaf tin with cling film.
- ☐ Put the coffee, Tia Maria or brandy, egg yolks and sugar in a bowl and stir to dissolve the coffee.
- ☐ Put the egg whites in a large bowl and pour the cream in another. Beat the egg whites until stiff with an electric whisk, then quickly beat the egg yolk mixture until thick and leaving a trail. Now beat the cream until it holds its shape. If you beat everything in this order, you dont need to wash the whisks in between. Fold the cream into the coffee mixture, then carefully fold in the whites. Fold through the Toblerone and tip into the loaf tin. Lightly cover the surface with cling film. When frozen, overwrap in foil and freeze. Will keep for up to 6 weeks. You can make the chocolate curls (see video link, above, for instructions) and keep them in a airtight container or freeze. To serve, unwrap and turn onto a platter. Strip off the cling film and serve topped with the chocolate curls.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:4.303478234488%

Nutrients (% of daily need)

Calories: 225.94kcal (11.3%), Fat: 16.39g (25.21%), Saturated Fat: 9.68g (60.51%), Carbohydrates: 15.39g (5.13%), Net Carbohydrates: 15.31g (5.57%), Sugar: 14.56g (16.18%), Cholesterol: 135.69mg (45.23%), Sodium: 49.67mg (2.16%), Alcohol: 0.41g (100%), Alcohol %: 0.66% (100%), Caffeine: 20.49mg (6.83%), Protein: 4.38g (8.75%), Vitamin A: 690.04IU (13.8%), Selenium: 9.12µg (13.03%), Vitamin B2: 0.19mg (10.95%), Phosphorus: 76.37mg (7.64%), Vitamin D: 1.1µg (7.36%), Calcium: 50.77mg (5.08%), Vitamin B5: 0.5mg (5%), Vitamin B12: 0.28µg (4.74%), Vitamin E: 0.62mg (4.1%), Iron: 0.65mg (3.64%), Folate: 13.38µg (3.35%), Potassium: 114.76mg (3.28%), Vitamin B6: 0.06mg (3.07%), Zinc: 0.45mg (2.97%), Magnesium: 10.57mg (2.64%), Copper: 0.04mg (2.07%), Manganese: 0.04mg

(1.97%), Vitamin K: 1.37µg (1.3%), Vitamin B3: 0.24mg (1.21%), Vitamin B1: 0.02mg (1.19%)