



Coffee Whipped Cream

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



196 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 tablespoons rum / brandy / coffee liqueur
- ☐ 1 cup heavy cream
- ☐ 1 teaspoon espresso grounds instant
- ☐ 2 tablespoons powdered sugar

Equipment

- ☐ hand mixer

Directions

- ☐ Stir together coffee liqueur and instant espresso until blended. Beat heavy cream at medium-high speed with an electric mixer until foamy.
- ☐ Add liqueur mixture and powdered sugar, and beat until soft peaks form.
- ☐ Note: We tested with Kahla coffee liqueur.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:2.0065217218969%

Nutrients (% of daily need)

Calories: 195.57kcal (9.78%), Fat: 17.2g (26.47%), Saturated Fat: 10.95g (68.46%), Carbohydrates: 7.5g (2.5%), Net Carbohydrates: 7.5g (2.73%), Sugar: 7.33g (8.14%), Cholesterol: 53.79mg (17.93%), Sodium: 13.47mg (0.59%), Alcohol: 1.3g (100%), Alcohol %: 2.9% (100%), Caffeine: 6.28mg (2.09%), Protein: 1.38g (2.76%), Vitamin A: 699.72IU (13.99%), Vitamin B2: 0.09mg (5.31%), Vitamin D: 0.76µg (5.08%), Calcium: 31.73mg (3.17%), Vitamin E: 0.44mg (2.92%), Phosphorus: 28.21mg (2.82%), Selenium: 1.47µg (2.1%), Potassium: 52.36mg (1.5%), Vitamin K: 1.53µg (1.45%), Vitamin B12: 0.08µg (1.27%), Vitamin B5: 0.12mg (1.22%)