

Cold-Brewed Coffee

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



1090 min.

SERVINGS



6

CALORIES



2 kcal

BEVERAGE

DRINK

Ingredients

- 6 servings coffee filters
- 0.5 pound coarsely ground coffee beans
- 4.5 cups water cold

Equipment

- bowl
- sieve
- plastic wrap
- cheesecloth

Directions

- Put coffee grounds in a large container. Slowly pour water over the grounds.
- Cover bowl with plastic wrap and steep at room temperature for 18 to 24 hours.
- Line a strainer with several layers of cheesecloth and place atop a pitcher; strain coffee through the cheesecloth into the pitcher. Discard the grounds. To get a clearer brew, strain coffee again through coffee filters. Store in refrigerator.

Nutrition Facts

PROTEIN 72.73% **FAT 27.27%** **CARBS 0%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.5217391463078%

Flavonoids

Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg
Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Myricetin: 0.12mg,
Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg,
Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 2.37kcal (0.12%), Fat: 0.05g (0.07%), Saturated Fat: 0g (0.03%), Carbohydrates: 0g (0%), Net
Carbohydrates: 0g (0%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 13.61mg (0.59%), Alcohol: 0g (100%),
Alcohol %: 0% (100%), Caffeine: 148.85mg (49.62%), Protein: 0.28g (0.57%), Vitamin B2: 0.18mg (10.6%), Vitamin
B5: 0.6mg (6.02%), Potassium: 116.13mg (3.32%), Manganese: 0.05mg (2.73%), Vitamin B3: 0.45mg (2.26%),
Magnesium: 8.88mg (2.22%), Vitamin B1: 0.03mg (2.21%), Copper: 0.03mg (1.66%), Folate: 4.74µg (1.19%), Calcium:
10.06mg (1.01%)