



Creamy Chocolate Almond Coffee

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



181 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup whipping cream (heavy)
- 2 teaspoons powdered sugar
- 0.1 teaspoon almond extract
- 1 cup ice-cream chocolate shell
- 4 cups strong coffee decoction hot
- 1 serving milk chocolate shavings toasted sliced

Equipment

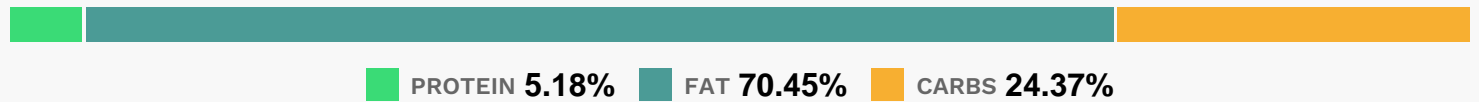
- bowl

hand mixer

Directions

- In chilled small bowl, beat whipping cream, powdered sugar and almond extract with electric mixer on high speed until stiff peaks form.
- Place 1 scoop ice cream in each of 4 cups or mugs.
- Pour coffee over ice cream. Top with whipped cream.
- Garnish with chocolate shavings or almonds.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:4.45, Inflammation Score:-4, Nutrition Score:4.2860869583876%

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, Myricetin: 0.12mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg,
Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 180.5kcal (9.02%), Fat: 14.51g (22.33%), Saturated Fat: 9.15g (57.16%), Carbohydrates: 11.3g (3.77%), Net Carbohydrates: 10.88g (3.96%), Sugar: 10.34g (11.48%), Cholesterol: 44.85mg (14.95%), Sodium: 37.91mg (1.65%), Alcohol: 0.04g (100%), Alcohol %: 0.02% (100%), Caffeine: 96mg (32%), Protein: 2.4g (4.8%), Vitamin B2: 0.3mg (17.68%), Vitamin A: 574.73IU (11.49%), Vitamin B5: 0.86mg (8.61%), Potassium: 228.18mg (6.52%), Calcium: 60.52mg (6.05%), Phosphorus: 60.33mg (6.03%), Manganese: 0.1mg (5.23%), Magnesium: 19.22mg (4.8%), Vitamin D: 0.54µg (3.61%), Vitamin B1: 0.05mg (3.54%), Folate: 11.21µg (2.8%), Copper: 0.06mg (2.79%), Vitamin B3: 0.55mg (2.74%), Vitamin E: 0.4mg (2.65%), Selenium: 1.74µg (2.49%), Vitamin B12: 0.14µg (2.4%), Zinc: 0.32mg (2.11%), Iron: 0.38mg (2.09%), Fiber: 0.42g (1.66%), Vitamin B6: 0.03mg (1.55%), Vitamin K: 1.31µg (1.24%)