



Creamy Chocolate Almond Coffee

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



185 kcal

BEVERAGE

DRINK

Ingredients

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

Equipment

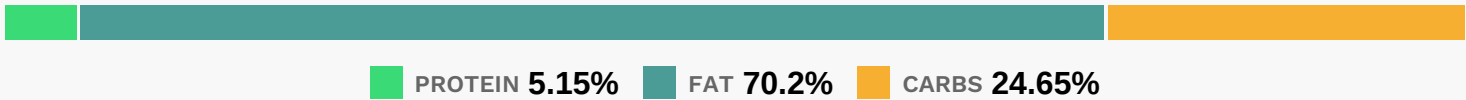
- ☐ bowl

☐ 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:4.4013043797534%

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: 184.84kcal (9.24%), Fat: 14.8g (22.77%), Saturated Fat: 9.31g (58.2%), Carbohydrates: 11.69g (3.9%), Net Carbohydrates: 11.21g (4.08%), Sugar: 10.61g (11.79%), Cholesterol: 44.9mg (14.97%), Sodium: 37.98mg (1.65%), Alcohol: 0.04g (100%), Alcohol %: 0.02% (100%), Caffeine: 96.65mg (32.22%), Protein: 2.44g (4.89%), Vitamin B2: 0.3mg (17.7%), Vitamin A: 575.1IU (11.5%), Vitamin B5: 0.86mg (8.64%), Potassium: 232.44mg (6.64%), Phosphorus: 62.28mg (6.23%), Calcium: 60.99mg (6.1%), Manganese: 0.11mg (5.73%), Magnesium: 20.54mg (5.13%), Vitamin D: 0.54µg (3.61%), Vitamin B1: 0.05mg (3.55%), Copper: 0.07mg (3.26%), Folate: 11.21µg (2.8%), Vitamin B3: 0.56mg (2.78%), Vitamin E: 0.4mg (2.68%), Selenium: 1.81µg (2.58%), Vitamin B12: 0.15µg (2.42%), Iron: 0.42mg (2.36%), Zinc: 0.34mg (2.25%), Fiber: 0.48g (1.9%), Vitamin B6: 0.03mg (1.57%), Vitamin K: 1.36µg (1.3%)