



Eggnog Iced Coffee



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



720 min.

SERVINGS



2

CALORIES



28 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 1 dash cinnamon
- ☐ 0.3 cup hot-brewed coffee
- ☐ 2 servings eggnog
- ☐ 1 dash ginger
- ☐ 2 servings ice cubes
- ☐ 1 dash nutmeg
- ☐ 1.3 cup water cold

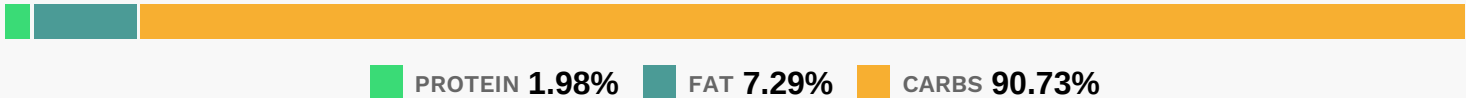
Equipment

- ☐ bowl
- ☐ sieve

Directions

- ☐ Put water, coffee grounds, sugar and spices in french press (or jar) and stir. Cover (do not plunge, if using a french press) and let seep at least 12 hours, but 16–18 hours are ideal. Press if using french press (or pour through a sieve or strainer into a bowl, then strain back into a jar)Fill glass with coffee ice cubes, pour coffee leaving room for eggnog.
- ☐ Add eggnog to your liking, mix and enjoy!

Nutrition Facts



Properties

Glycemic Index:72.5, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:0.84260868961396%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.01mg, Myricetin:
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:
0.01mg

Nutrients (% of daily need)

Calories: 28.24kcal (1.41%), Fat: 0.24g (0.37%), Saturated Fat: 0.16g (0.99%), Carbohydrates: 6.7g (2.23%), Net
Carbohydrates: 6.33g (2.3%), Sugar: 6.06g (6.74%), Cholesterol: 0.59mg (0.2%), Sodium: 13.2mg (0.57%), Alcohol:
Og (100%), Alcohol %: 0% (100%), Caffeine: 11.85mg (3.95%), Protein: 0.15g (0.29%), Manganese: 0.11mg (5.68%),
Copper: 0.04mg (2.21%), Calcium: 19mg (1.9%), Fiber: 0.38g (1.52%), Vitamin B2: 0.03mg (1.48%), Magnesium:
5.09mg (1.27%)