



Espresso Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



160 kcal

BEVERAGE

DRINK

Ingredients

- 1 tablespoon ground dark-roast coffee
- 1.5 cups heavy whipping cream
- 0.5 cup sugar

Equipment

- bowl

Directions

Beat cream and coffee in a large bowl until foamy. Gradually add sugar, beating until stiff peaks form.

Nutrition Facts



PROTEIN 2.47% **FAT 70.8%** **CARBS 26.73%**

Properties

Glycemic Index:7.01, Glycemic Load:6.98, Inflammation Score:-3, Nutrition Score:1.4813043407124%

Nutrients (% of daily need)

Calories: 159.88kcal (7.99%), Fat: 12.92g (19.88%), Saturated Fat: 8.21g (51.32%), Carbohydrates: 10.97g (3.66%), Net Carbohydrates: 10.97g (3.99%), Sugar: 11.02g (12.25%), Cholesterol: 40.34mg (13.45%), Sodium: 9.74mg (0.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.03%), Vitamin A: 524.79IU (10.5%), Vitamin B2: 0.07mg (4.06%), Vitamin D: 0.57µg (3.81%), Calcium: 23.66mg (2.37%), Vitamin E: 0.33mg (2.19%), Phosphorus: 20.71mg (2.07%), Selenium: 1.13µg (1.62%), Vitamin K: 1.14µg (1.09%)