



Espresso-Drizzled Ice Cream



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



272 kcal

Ingredients



2 tablespoons chocolate dark finely chopped



2 tablespoons espresso grounds instant



2 pints whipped cream

Equipment



bowl

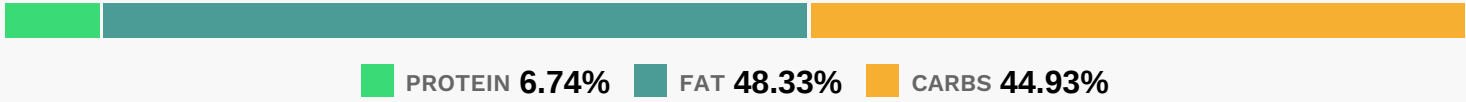


measuring cup

Directions

- ☐ Boil 1 cup water. Spoon the espresso into a glass measuring cup and add the hot water. Stir until dissolved.Scoop the ice cream into 8 bowls, glasses, or teacups.
- ☐ Sprinkle with the chocolate and pour the espresso over the top.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:16.83, Inflammation Score:-4, Nutrition Score:5.7217391729355%

Nutrients (% of daily need)

Calories: 271.71kcal (13.59%), Fat: 14.62g (22.49%), Saturated Fat: 8.95g (55.96%), Carbohydrates: 30.58g (10.19%), Net Carbohydrates: 29.34g (10.67%), Sugar: 25.98g (28.86%), Cholesterol: 52.16mg (17.39%), Sodium: 95.85mg (4.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 42.25mg (14.08%), Protein: 4.58g (9.17%), Vitamin B2: 0.29mg (16.93%), Calcium: 155.92mg (15.59%), Phosphorus: 139.55mg (13.95%), Vitamin A: 499.48IU (9.99%), Potassium: 306.47mg (8.76%), Vitamin B12: 0.47µg (7.86%), Magnesium: 29.2mg (7.3%), Vitamin B5: 0.7mg (7.04%), Zinc: 0.94mg (6.3%), Manganese: 0.1mg (5.2%), Fiber: 1.24g (4.95%), Copper: 0.1mg (4.76%), Selenium: 2.54µg (3.63%), Iron: 0.61mg (3.38%), Vitamin B1: 0.05mg (3.33%), Vitamin B6: 0.06mg (2.93%), Vitamin B3: 0.53mg (2.65%), Vitamin E: 0.38mg (2.51%), Vitamin D: 0.24µg (1.58%), Folate: 5.91µg (1.48%)