



Espresso Ice

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



57 kcal

SIDE DISH

Ingredients

- 0.3 cup brown sugar packed
- 1 tablespoon espresso powder
- 1.5 cups water boiling

Equipment

- baking pan

Directions

- Combine first 3 ingredients in an 8-inch square glass or ceramic baking dish, stirring until sugar and espresso dissolve.
- Cover and freeze until partially frozen (about 1 hour). Scrape mixture with a fork, crushing any lumps. Freeze an additional 1 hour and 35 minutes or until completely frozen, scraping entire mixture with a fork every 30 minutes.
- Scoop mixture into espresso cups or small glasses, and, if desired, top with whipped topping and chocolate-covered espresso beans.

Nutrition Facts

PROTEIN 1.16% **FAT 0.1%** **CARBS 98.74%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0.51521739266489%

Nutrients (% of daily need)

Calories: 56.66kcal (2.83%), Fat: 0.01g (0.01%), Saturated Fat: 0g (0.02%), Carbohydrates: 14.43g (4.81%), Net Carbohydrates: 14.43g (5.25%), Sugar: 13.34g (14.82%), Cholesterol: 0mg (0%), Sodium: 8.75mg (0.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 39.25mg (13.08%), Protein: 0.17g (0.34%), Vitamin B3: 0.37mg (1.84%), Potassium: 62.54mg (1.79%), Calcium: 15.84mg (1.58%), Magnesium: 6.21mg (1.55%), Manganese: 0.03mg (1.51%), Copper: 0.02mg (1.12%)