



Espresso Ice Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



1098 kcal

DESSERT

Ingredients

- 2 cups heavy cream
- 2 tablespoons espresso grounds instant
- 0.5 cup sugar
- 1 teaspoon vanilla extract
- 1 cup milk whole



Equipment

- bowl

Directions

- In a large bowl, combine the cream, milk, sugar, and vanilla. In a small bowl, dissolve the espresso in 1/4 cup hot water and add to the ice cream base. Follow the manufacturer's instructions for freezing.
- Serve immediately or freeze in an airtight container.

Nutrition Facts

 **PROTEIN 4.06%**  **FAT 72.28%**  **CARBS 23.66%**

Properties

Glycemic Index:54.05, Glycemic Load:37.07, Inflammation Score:-9, Nutrition Score:14.963478306065%

Nutrients (% of daily need)

Calories: 1098.31kcal (54.92%), Fat: 90.01g (138.47%), Saturated Fat: 57.02g (356.37%), Carbohydrates: 66.28g (22.09%), Net Carbohydrates: 66.28g (24.1%), Sugar: 62.97g (69.97%), Cholesterol: 283.58mg (94.53%), Sodium: 113.15mg (4.92%), Alcohol: 0.69g (100%), Alcohol %: 0.21% (100%), Caffeine: 157mg (52.33%), Protein: 11.37g (22.74%), Vitamin A: 3696.24IU (73.92%), Vitamin B2: 0.63mg (37.11%), Vitamin D: 5.15µg (34.33%), Calcium: 314.91mg (31.49%), Phosphorus: 276.53mg (27.65%), Vitamin B12: 1.04µg (17.33%), Potassium: 590.06mg (16.86%), Vitamin E: 2.25mg (15%), Selenium: 10.39µg (14.84%), Magnesium: 47.89mg (11.97%), Vitamin B5: 1.07mg (10.68%), Vitamin B3: 1.7mg (8.49%), Vitamin B6: 0.16mg (7.98%), Vitamin B1: 0.12mg (7.77%), Vitamin K: 8.08µg (7.69%), Zinc: 1.1mg (7.31%), Manganese: 0.1mg (4.97%), Iron: 0.49mg (2.7%), Folate: 9.52µg (2.38%), Copper: 0.04mg (1.96%), Vitamin C: 1.43mg (1.73%)