




Spiced Americano with Cinnamon Whipped Cream

 Vegetarian  Gluten Free

READY IN



17 min.

SERVINGS



4

CALORIES



417 kcal

SIDE DISH

Ingredients

- 2 tablespoons powdered sugar
- 1 cup espresso grounds brewed
- 1 cup granulated sugar
- 0.3 teaspoon ground allspice
- 0.3 teaspoon ground cinnamon for dusting plus more
- 0.3 teaspoon ground ginger
- 1 cup cup heavy whipping cream

- 0.5 cup water
- 1 cup water boiling

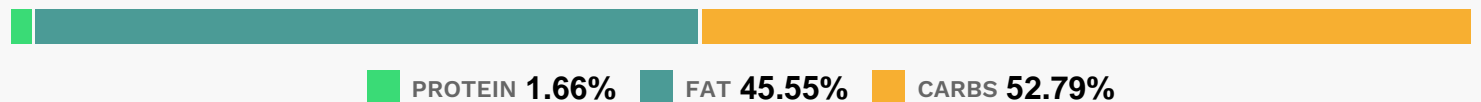
Equipment

- bowl
- frying pan
- sauce pan
- whisk
- hand mixer

Directions

- In a small saucepan, combine water and sugar over medium heat. Bring to a boil and reduce heat to low.
- Add the allspice, cinnamon, and ginger to the simple syrup and simmer for 5 minutes. Take pan off heat and set aside. To the 1 cup of brewed espresso, add 1 cup of boiling water.
- Pour 1/2 cup of espresso into each of 4 (6 to 8-ounce) serving cups.
- Add 2 tablespoons of the spiced simple syrup to each cup and stir to combine. In a large bowl, using an electric mixer with a whisk attachment, beat the heavy cream until soft peaks form.
- Add the confectioners' sugar and continue to beat until stiff. Top each cup of espresso with a dollop of whipped cream. Dust with cinnamon and serve.

Nutrition Facts



Properties

Glycemic Index:22.52, Glycemic Load:34.92, Inflammation Score:-6, Nutrition Score:4.535217375859%

Nutrients (% of daily need)

Calories: 416.73kcal (20.84%), Fat: 21.76g (33.48%), Saturated Fat: 13.75g (85.91%), Carbohydrates: 56.75g (18.92%), Net Carbohydrates: 56.64g (20.6%), Sugar: 55.56g (61.73%), Cholesterol: 67.24mg (22.41%), Sodium: 29.48mg (1.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 125.08mg (41.69%), Protein: 1.78g (3.57%),

Vitamin A: 875.73IU (17.51%), Vitamin B3: 3.13mg (15.65%), Vitamin B2: 0.23mg (13.35%), Magnesium: 52.76mg (13.19%), Vitamin D: 0.95µg (6.35%), Manganese: 0.1mg (4.97%), Calcium: 45.87mg (4.59%), Phosphorus: 39.07mg (3.91%), Vitamin E: 0.56mg (3.71%), Potassium: 128.95mg (3.68%), Selenium: 2.19µg (3.12%), Copper: 0.06mg (2.79%), Vitamin K: 2µg (1.91%), Vitamin B5: 0.17mg (1.69%), Vitamin B12: 0.1µg (1.59%), Zinc: 0.19mg (1.3%), Vitamin B6: 0.02mg (1.16%), Iron: 0.21mg (1.15%)