



Vietnamese Coffee Ice Pops

 Vegetarian  Gluten Free

READY IN



495 min.

SERVINGS



6

CALORIES



348 kcal

Ingredients

- 1 cup cup heavy whipping cream
- 0.8 cup strong coffee decoction french such as café du monde, cafe'de paris, or trung nguyen
- 14 ounce condensed milk sweetened canned
- 2 cups water

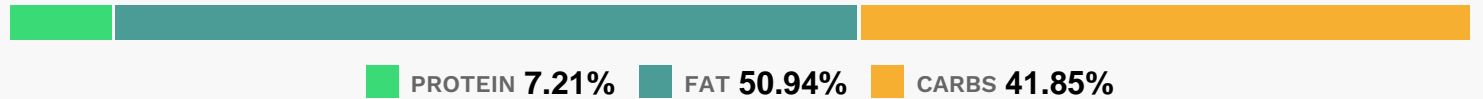
Equipment

- bowl
- whisk
- measuring cup

Directions

- Brew the coffee with the measured water. You should have about 1 1/2 cups of brewed coffee.
- Place the hot coffee and condensed milk in a measuring cup or a large heatproof bowl with a spout and whisk until evenly combined.
- Whisk in the cream, cover, and refrigerate until chilled, about 2 hours.
- Whisk the mixture again and divide among the pop molds. Freeze until solid, at least 6 hours.

Nutrition Facts



Properties

Glycemic Index:10.17, Glycemic Load:21.95, Inflammation Score:-5, Nutrition Score:6.556086887484%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.01mg, Myricetin:
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:
0.01mg

Nutrients (% of daily need)

Calories: 347.5kcal (17.38%), Fat: 20.08g (30.89%), Saturated Fat: 12.76g (79.72%), Carbohydrates: 37.11g (12.37%),
Net Carbohydrates: 37.11g (13.5%), Sugar: 37.14g (41.27%), Cholesterol: 67.31mg (22.44%), Sodium: 99.25mg
(4.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 11.85mg (3.95%), Protein: 6.39g (12.79%), Vitamin B2:
0.37mg (21.9%), Calcium: 217mg (21.7%), Phosphorus: 191.25mg (19.13%), Selenium: 10.98µg (15.69%), Vitamin A:
759.72IU (15.19%), Potassium: 297.61mg (8.5%), Vitamin B5: 0.67mg (6.73%), Vitamin B12: 0.35µg (5.91%),
Magnesium: 21.65mg (5.41%), Vitamin D: 0.77µg (5.11%), Zinc: 0.73mg (4.87%), Vitamin B1: 0.07mg (4.77%), Vitamin
E: 0.47mg (3.16%), Vitamin B6: 0.05mg (2.4%), Vitamin C: 1.96mg (2.37%), Folate: 9.46µg (2.36%), Vitamin K: 1.7µg
(1.62%), Copper: 0.03mg (1.37%), Vitamin B3: 0.22mg (1.1%)