



German Chocolate Espresso

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



167 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 tablespoons coco ribe
- ☐ 0.3 cup coconut or flaked toasted
- ☐ 2.7 cups espresso grounds hot brewed
- ☐ 1.5 ounces premium quality milk chocolate finely chopped
- ☐ 0.3 cup whipping cream
- ☐ 3 tablespoons frangelico

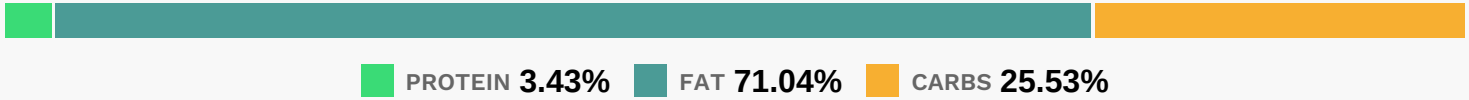
Equipment

- ☐ bowl

Directions

- ☐
- Place chocolate in a medium bowl; pour espresso over chocolate, stirring until chocolate melts. Stir in liqueurs.
- ☐
- Pour into individual cups. Top each serving evenly with whipped cream and coconut.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:13.15, Glycemic Load:2.51, Inflammation Score:-6, Nutrition Score:7.4234782651715%

Nutrients (% of daily need)

Calories: 166.97kcal (8.35%), Fat: 13.97g (21.5%), Saturated Fat: 9.85g (61.59%), Carbohydrates: 11.3g (3.77%), Net Carbohydrates: 9.51g (3.46%), Sugar: 6.53g (7.26%), Cholesterol: 16.81mg (5.6%), Sodium: 30.46mg (1.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 340.56mg (113.52%), Protein: 1.52g (3.03%), Vitamin B3: 8.33mg (41.65%), Magnesium: 144.9mg (36.23%), Vitamin B2: 0.34mg (19.88%), Manganese: 0.33mg (16.67%), Copper: 0.2mg (10%), Potassium: 268.09mg (7.66%), Fiber: 1.79g (7.15%), Phosphorus: 50.45mg (5.04%), Vitamin A: 218.66IU (4.37%), Iron: 0.78mg (4.34%), Selenium: 2.11µg (3.01%), Zinc: 0.42mg (2.81%), Calcium: 17.42mg (1.74%), Vitamin D: 0.24µg (1.59%), Vitamin B6: 0.03mg (1.54%), Vitamin B5: 0.14mg (1.43%), Vitamin E: 0.21mg (1.42%), Vitamin K: 1.33µg (1.26%)