



Gingerbread Latte Filling

 Vegetarian

READY IN



435 min.

SERVINGS



15

CALORIES



130 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 1.7 cups heavy cream
- ☐ 2 teaspoons espresso grounds instant
- ☐ 0.3 cup blackstrap molasses
- ☐ 1 teaspoon vanilla extract

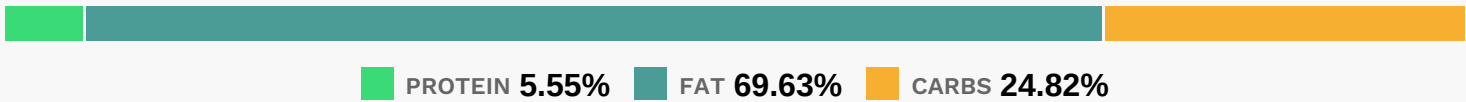
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Whisk together first 7 ingredients in a heavy saucepan. Cook over medium-low heat, whisking constantly, 10 to 12 minutes or until mixture reaches a chilled pudding-like thickness.
- ☐ Remove from heat; stir in vanilla. Cool to room temperature (about 1 hour).
- ☐ Place plastic wrap directly on mixture (to prevent a film from forming), and chill 6 to 24 hours.

Nutrition Facts



Properties

Glycemic Index:8.27, Glycemic Load:3.61, Inflammation Score:-3, Nutrition Score:3.1743478451086%

Nutrients (% of daily need)

Calories: 130.29kcal (6.51%), Fat: 10.21g (15.71%), Saturated Fat: 6.3g (39.36%), Carbohydrates: 8.19g (2.73%), Net Carbohydrates: 8.11g (2.95%), Sugar: 6.43g (7.15%), Cholesterol: 54.68mg (18.23%), Sodium: 19.51mg (0.85%), Alcohol: 0.09g (100%), Alcohol %: 0.27% (100%), Caffeine: 4.19mg (1.4%), Protein: 1.83g (3.66%), Vitamin A: 424.85IU (8.5%), Manganese: 0.16mg (8.09%), Selenium: 4.93µg (7.05%), Magnesium: 21.86mg (5.47%), Vitamin B2: 0.09mg (5.36%), Potassium: 152.03mg (4.34%), Calcium: 37.48mg (3.75%), Vitamin D: 0.56µg (3.71%), Vitamin B6: 0.07mg (3.61%), Iron: 0.62mg (3.42%), Phosphorus: 33.66mg (3.37%), Vitamin B5: 0.24mg (2.4%), Copper: 0.05mg (2.4%), Vitamin E: 0.32mg (2.1%), Folate: 8.01µg (2%), Vitamin B1: 0.03mg (1.83%), Vitamin B12: 0.1µg (1.69%), Vitamin B3: 0.26mg (1.3%), Zinc: 0.19mg (1.26%)