



Hot Irish Creme Mocha



Gluten Free



Low Fod Map

READY IN



10 min.

SERVINGS



8

CALORIES



81 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 cups strong coffee decoction hot brewed
- ☐ 5 oz creme de cacao liqueur instant
- ☐ 0.3 cup powdered sugar
- ☐ 0.3 cup irish bangers
- ☐ 1 serving garnish: whipped cream sweetened
- ☐ 1 serving milk chocolate shavings
- ☐ 2 cups frangelico

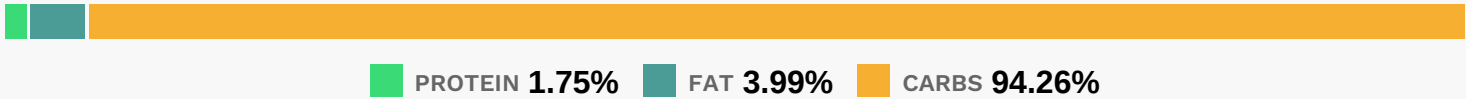
Equipment

☐ sauce pan

Directions

- ☐ In 3-quart saucepan, mix hot coffee, cocoa mix and powdered sugar until blended. Stir in half-and-half and syrup. Cook over medium heat about 5 minutes, stirring occasionally, until hot.
- ☐ Serve in mugs; top with whipped cream and chocolate shavings.

Nutrition Facts



Properties

Glycemic Index:6.88, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.12217393477%

Flavonoids

Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg
Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Myricetin: 0.09mg,
Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin:
0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 80.58kcal (4.03%), Fat: 0.25g (0.39%), Saturated Fat: 0.13g (0.84%), Carbohydrates: 13.31g (4.44%), Net Carbohydrates: 13.3g (4.84%), Sugar: 8.82g (9.8%), Cholesterol: 0.58mg (0.19%), Sodium: 3.81mg (0.17%), Alcohol: 3.37g (100%), Alcohol %: 2.13% (100%), Caffeine: 71.21mg (23.74%), Protein: 0.25g (0.49%), Vitamin B2: 0.14mg (8.06%), Vitamin B5: 0.45mg (4.54%), Potassium: 89.08mg (2.55%), Manganese: 0.04mg (2.16%), Vitamin B3: 0.34mg (1.71%), Vitamin B1: 0.03mg (1.68%), Magnesium: 5.86mg (1.46%)