



Instant Triple-Coffee Ice Cream



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



217 kcal

Ingredients

- ☐ 2 teaspoons ground coffee beans
- ☐ 2 teaspoons espresso grounds instant
- ☐ 0.3 cup kahlua (coffee-flavored liqueur)
- ☐ 4 cups whipped cream low-fat softened

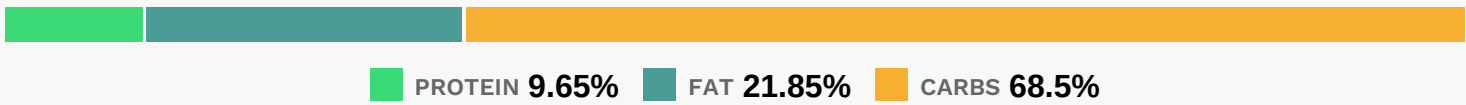
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ Place a large bowl in freezer 10 minutes.
- ☐ Combine liqueur and espresso in a small microwave-safe bowl; microwave at HIGH 30 seconds. Stir until granules dissolve.
- ☐ Combine liqueur mixture, ice cream, and ground coffee in chilled bowl. Cover and freeze at least 3 hours or until firm.
- ☐ Note: To soften ice cream in the microwave, cook on HIGH for 10 seconds or until soft.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:10.65, Inflammation Score:-3, Nutrition Score:4.2508695980777%

Nutrients (% of daily need)

Calories: 217.3kcal (10.87%), Fat: 4.93g (7.58%), Saturated Fat: 2.98g (18.62%), Carbohydrates: 34.75g (11.58%), Net Carbohydrates: 34.44g (12.52%), Sugar: 27g (30%), Cholesterol: 27.36mg (9.12%), Sodium: 75.9mg (3.3%), Alcohol: 2.13g (100%), Alcohol %: 2.4% (100%), Caffeine: 11.9mg (3.97%), Protein: 4.89g (9.79%), Calcium: 163.62mg (16.36%), Vitamin B2: 0.26mg (15.21%), Phosphorus: 105.38mg (10.54%), Vitamin A: 453.97IU (9.08%), Vitamin B12: 0.48µg (7.94%), Potassium: 222.57mg (6.36%), Zinc: 0.74mg (4.94%), Vitamin B5: 0.49mg (4.88%), Magnesium: 15.28mg (3.82%), Vitamin B1: 0.05mg (3.58%), Selenium: 2.07µg (2.96%), Vitamin B6: 0.05mg (2.28%), Folate: 6.08µg (1.52%), Vitamin C: 1.22mg (1.47%), Fiber: 0.3g (1.22%), Vitamin B3: 0.23mg (1.16%), Iron: 0.21mg (1.15%)