



Irish Coffee With Creamy Topping



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



78 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 2 tablespoons powdered sugar sifted
- ☐ 12 ounce evaporated skimmed milk divided canned
- ☐ 6 cups strong coffee decoction hot brewed
- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons water
- ☐ 0.5 cup irish whiskey

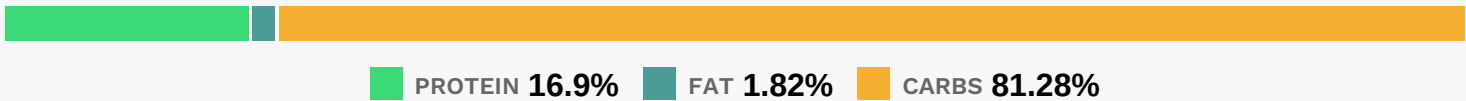
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Pour 1/2 cup milk into a small saucepan; bring to a simmer over medium heat.
- ☐ Place cornstarch in a small bowl; gradually add water, stirring with a wire whisk until blended.
- ☐ Add to simmering milk; bring to a boil, stirring constantly. Cook 1 minute, stirring constantly.
- ☐ Combine cornstarch mixture, remaining 1 cup milk, and vanilla in a large bowl; freeze mixture 1 hour or until a 1/8-inch-thick layer of ice forms on the surface. Beat mixture at high speed of an electric mixer 5 minutes; gradually add sifted powdered sugar, beating until soft peaks form. Cover and chill.
- ☐ Combine coffee, whiskey, and sugar; stir well.
- ☐ Pour into mugs; spoon topping onto coffee.
- ☐ Serve immediately. Cover and store remaining topping in refrigerator.

Nutrition Facts



Properties

Glycemic Index:14.79, Glycemic Load:2.79, Inflammation Score:-2, Nutrition Score:2.5391304240279%

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,
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0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 77.69kcal (3.88%), Fat: 0.08g (0.12%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 8.05g (2.68%), Net Carbohydrates: 8.05g (2.93%), Sugar: 7.18g (7.97%), Cholesterol: 1.28mg (0.43%), Sodium: 21.38mg (0.93%), Alcohol: 5.48g (100%), Alcohol %: 2.83% (100%), Caffeine: 71.1mg (23.7%), Protein: 1.67g (3.35%), Vitamin B2: 0.19mg (11.32%), Vitamin B5: 0.6mg (6.03%), Calcium: 59.92mg (5.99%), Phosphorus: 51.44mg (5.14%), Potassium: 159.13mg (4.55%), Vitamin B12: 0.25µg (4.11%), Vitamin B1: 0.05mg (3.33%), Vitamin D: 0.47µg (3.12%), Magnesium: 10.56mg (2.64%), Manganese: 0.05mg (2.26%), Vitamin B3: 0.4mg (2%), Vitamin A: 86.75IU (1.73%), Zinc: 0.23mg (1.55%), Vitamin B6: 0.03mg (1.33%), Selenium: 0.91µg (1.3%), Folate: 4.41µg (1.1%)