



## Kahlúa-Spiked Frozen Mocha Lattes

 Gluten Free

READY IN



720 min.

SERVINGS



6

CALORIES



422 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 4 teaspoons cocoa powder unsweetened
- ☐ 1.5 tablespoons brown sugar packed ()
- ☐ 2 cups half and half
- ☐ 0.8 cup cup heavy whipping cream chilled
- ☐ 5.5 teaspoons espresso powder instant
- ☐ 0.8 cup rum / brandy / coffee liqueur
- ☐ 2 pinches salt
- ☐ 0.8 cup sugar

- ☐ 0.5 teaspoon vanilla extract (scant)
- ☐ 2.5 cups water divided
- ☐ 1 Clove whipped cream organic

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ hand mixer
- ☐ ziploc bags

## Directions

- ☐ Whisk first 3 ingredients and pinch of salt in medium saucepan. Gradually whisk in 1 cup water, whisking until smooth. Cook over medium-high heat until sugar dissolves and mixture just begins to boil, whisking often, about 3 minutes.
- ☐ Remove pan from heat.
- ☐ Add 1 1/2 cups water and half and half; whisk to blend.
- ☐ Transfer to pitcher.
- ☐ Pour espresso mixture into ice cube trays, filling cubes almost to top (mixture will make about 45 ice cubes). Freeze espresso mixture in trays. DO AHEAD: Can be made 1 month ahead. Store espresso ice cubes in resealable plastic bag and keep frozen.
- ☐ Using electric mixer, beat cream, brown sugar, vanilla, and pinch of salt in medium bowl until peaks form. Cover; chill.
- ☐ Place 6 glass coffee mugs or other glasses in freezer 15 minutes. Working in 3 batches, place 14 espresso ice cubes and 1/4 cup Kahlúa in processor. Blend until thick and smooth, about 30 seconds. Divide between 2 chilled mugs; place in freezer. Repeat 2 more times with espresso ice cubes, Kahlúa, and chilled mugs. DO AHEAD: Can be made 1 hour ahead. Keep frozen.
- ☐ Spoon sweetened whipped cream atop frozen mocha lattes and serve.

## Nutrition Facts



**PROTEIN 3.78%** **FAT 47.39%** **CARBS 48.83%**

## Properties

Glycemic Index:20.85, Glycemic Load:17.46, Inflammation Score:-5, Nutrition Score:4.2682608651078%

## Flavonoids

Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epicatechin: 1.31mg, Epicatechin: 1.31mg, Epicatechin: 1.31mg, Epicatechin: 1.31mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 421.8kcal (21.09%), Fat: 20.32g (31.26%), Saturated Fat: 12.62g (78.88%), Carbohydrates: 47.1g (15.7%), Net Carbohydrates: 46.86g (17.04%), Sugar: 45.93g (51.04%), Cholesterol: 61.98mg (20.66%), Sodium: 195.33mg (8.49%), Alcohol: 6.52g (100%), Alcohol %: 3.07% (100%), Caffeine: 30.32mg (10.11%), Protein: 3.65g (7.3%), Vitamin A: 724.03IU (14.48%), Vitamin B2: 0.22mg (12.93%), Calcium: 114.08mg (11.41%), Phosphorus: 101.85mg (10.18%), Selenium: 3.87µg (5.53%), Potassium: 182.58mg (5.22%), Magnesium: 17.79mg (4.45%), Vitamin B12: 0.2µg (3.36%), Vitamin D: 0.48µg (3.18%), Vitamin E: 0.48mg (3.18%), Vitamin B5: 0.32mg (3.16%), Zinc: 0.45mg (2.99%), Copper: 0.06mg (2.82%), Vitamin B6: 0.05mg (2.66%), Manganese: 0.05mg (2.32%), Vitamin B1: 0.03mg (2.06%), Vitamin K: 2.04µg (1.94%), Vitamin B3: 0.38mg (1.92%), Iron: 0.24mg (1.33%), Vitamin C: 0.9mg (1.1%)