



## Layered Mocha

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



262 kcal

BEVERAGE

DRINK

## Ingredients

- ☐ 1 cup espresso grounds hot brewed
- ☐ 0.5 cup bittersweet chocolate chopped
- ☐ 2.5 tablespoons sugar divided plus more to taste
- ☐ 0.5 cup whipping cream

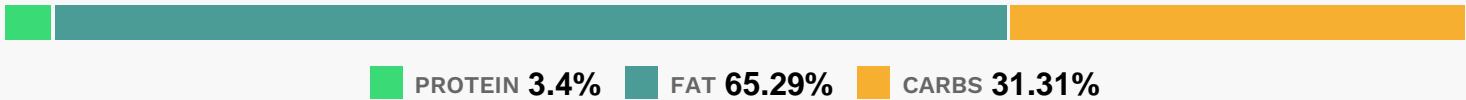
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

# Directions

- ☐ Place cream in a bowl and chill until very cold, about 15 minutes. Fill 4 heatproof glasses (6 to 8 oz. each) with boiling water.
- ☐ In a small saucepan over high heat, bring 3/4 cup water to a boil. Reduce heat to low and whisk in chopped chocolate until smoothly blended.
- ☐ Add 1 tbsp. sugar. Stir over medium-low heat until mixture thickens slightly and coats spoon in a thin layer, 3 to 5 minutes. Cover and keep hot.
- ☐ Whip cream with 1 tbsp. sugar until thick, but before peaks form (cream should still be pourable).
- ☐ Mix remaining 1/2 tbsp. sugar with hot espresso.
- ☐ Drain water from glasses.
- ☐ Pour one-quarter of hot chocolate into a glass. Hold a spoon, concave side down, at about a 45 angle so tip of spoon touches inside of glass, slightly above chocolate. Very slowly, pour one-quarter of espresso over back of spoon. Repeat for each glass. Spoon thick cream onto espresso, dividing evenly between glasses. Sift a bit of cocoa over cream if you like.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:17.52, Glycemic Load:5.24, Inflammation Score:-5, Nutrition Score:6.2673913188603%

## Nutrients (% of daily need)

Calories: 261.99kcal (13.1%), Fat: 19.25g (29.62%), Saturated Fat: 11.72g (73.23%), Carbohydrates: 20.77g (6.92%), Net Carbohydrates: 19.02g (6.92%), Sugar: 16.38g (18.2%), Cholesterol: 34.93mg (11.64%), Sodium: 18.56mg (0.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 143.89mg (47.96%), Protein: 2.25g (4.51%), Magnesium: 87.78mg (21.95%), Vitamin B3: 3.28mg (16.38%), Manganese: 0.32mg (16%), Copper: 0.31mg (15.31%), Vitamin B2: 0.17mg (10.15%), Vitamin A: 448.26IU (8.97%), Iron: 1.49mg (8.29%), Phosphorus: 78.26mg (7.83%), Fiber: 1.75g (7%), Potassium: 220.29mg (6.29%), Zinc: 0.68mg (4.54%), Selenium: 2.78µg (3.96%), Calcium: 34.45mg (3.45%), Vitamin D: 0.48µg (3.17%), Vitamin E: 0.41mg (2.72%), Vitamin K: 2.59µg (2.46%), Vitamin B5: 0.16mg (1.58%), Vitamin B12: 0.09µg (1.45%)