



Maple Coffee



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



9

CALORIES



75 kcal

BEVERAGE

DRINK

Ingredients



1 cup hot-brewed coffee hot brewed



1 cup half-and-half



0.3 cup maple syrup



9 servings whipped cream sweetened

Equipment

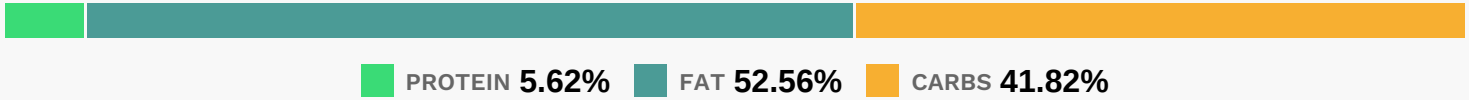


sauce pan

Directions

☐ Cook half-and-half and maple syrup in a saucepan over medium heat, stirring constantly, until thoroughly heated (do not boil). Stir in coffee, and serve with sweetened whipped cream.

Nutrition Facts



Properties

Glycemic Index:10.17, Glycemic Load:2.61, Inflammation Score:-1, Nutrition Score:2.0117391257182%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.01mg, Myricetin:
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:
0.01mg

Nutrients (% of daily need)

Calories: 75.06kcal (3.75%), Fat: 4.43g (6.82%), Saturated Fat: 2.72g (17%), Carbohydrates: 7.93g (2.64%), Net
Carbohydrates: 7.93g (2.88%), Sugar: 6.95g (7.72%), Cholesterol: 13.97mg (4.66%), Sodium: 18.21mg (0.79%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 10.53mg (3.51%), Protein: 1.07g (2.13%), Vitamin B2: 0.19mg
(11.16%), Manganese: 0.21mg (10.61%), Calcium: 45.11mg (4.51%), Phosphorus: 31.67mg (3.17%), Vitamin A: 136.29IU
(2.73%), Potassium: 77.34mg (2.21%), Vitamin B5: 0.16mg (1.63%), Magnesium: 6.02mg (1.5%), Selenium: 0.94µg
(1.35%), Vitamin B1: 0.02mg (1.33%), Zinc: 0.19mg (1.3%), Vitamin B12: 0.07µg (1.14%)