



Nawlins Chicory Coffee



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



1105 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 8 servings rum / brandy / coffee liqueur
- ☐ 8 servings ground cinnamon for garnish
- ☐ 2 cups heavy whipping cream
- ☐ 8 cups strong coffee decoction with 2 teaspoons ground cinnamon cold brewed
- ☐ 2.5 tablespoons sugar
- ☐ 2 teaspoons vanilla extract
- ☐ 1 quart premium vanilla ice cream softened cut into pieces

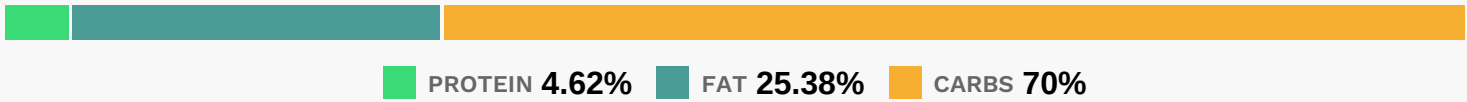
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ In a large bowl, beat the heavy cream with a mixer at high speed until soft peaks form. Gradually add the sugar, beating until combined. Reduce the speed to low and add the vanilla.
- ☐ In a large serving bowl, combine the ice cream and whipped cream.
- ☐ Pour in the coffee and allow the ice cream mixture to soften slightly. Gently stir before serving. Top each serving with 1/2 teaspoon liqueur, if using, and sprinkle with cinnamon.

Nutrition Facts



Properties

Glycemic Index:17.64, Glycemic Load:22.42, Inflammation Score:-9, Nutrition Score:38.676521715911%

Nutrients (% of daily need)

Calories: 1105.25kcal (55.26%), Fat: 37.51g (57.7%), Saturated Fat: 22.56g (140.97%), Carbohydrates: 232.77g (77.59%), Net Carbohydrates: 105.25g (38.27%), Sugar: 42.88g (47.65%), Cholesterol: 119.28mg (39.76%), Sodium: 135.89mg (5.91%), Alcohol: 3.6g (100%), Alcohol %: 1.05% (100%), Protein: 15.37g (30.73%), Manganese: 41.68mg (2084.21%), Fiber: 127.52g (510.07%), Calcium: 2581.49mg (258.15%), Iron: 20.02mg (111.22%), Vitamin K: 76.7µg (73.05%), Vitamin E: 6.44mg (42.92%), Copper: 0.84mg (42.18%), Vitamin A: 2076.5IU (41.53%), Magnesium: 164mg (41%), Potassium: 1321.8mg (37.77%), Zinc: 5.33mg (35.51%), Phosphorus: 311.48mg (31.15%), Vitamin B2: 0.5mg (29.13%), Vitamin B6: 0.45mg (22.74%), Vitamin B5: 1.69mg (16.94%), Vitamin B3: 3.36mg (16.79%), Selenium: 11.33µg (16.19%), Vitamin C: 10.13mg (12.28%), Vitamin B12: 0.56µg (9.28%), Vitamin D: 1.19µg (7.92%), Vitamin B1: 0.11mg (7.53%), Folate: 22.61µg (5.65%)