



Praline Coffee



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



306 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.7 cup brown sugar light packed
- ☐ 3 cups hot-brewed coffee hot brewed
- ☐ 0.8 cup half and half
- ☐ 0.8 cup pear liqueur
- ☐ 5 servings garnish: whipped cream sweetened

Equipment

- ☐ sauce pan

Directions

☐ Cook first 3 ingredients in a large saucepan over medium heat, stirring constantly, until thoroughly heated. (Do not boil.) Stir in liqueur, and serve with sweetened whipped cream.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:0.41, Inflammation Score:-2, Nutrition Score:2.5043478245321%

Flavonoids

Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg
Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Myricetin: 0.07mg,
Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin:
0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 306.4kcal (15.32%), Fat: 5.54g (8.52%), Saturated Fat: 3.38g (21.15%), Carbohydrates: 45.03g (15.01%), Net
Carbohydrates: 45.03g (16.37%), Sugar: 44.24g (49.16%), Cholesterol: 17.26mg (5.76%), Sodium: 33.68mg (1.46%),
Alcohol: 14.32g (100%), Alcohol %: 7.28% (100%), Caffeine: 56.88mg (18.96%), Protein: 1.53g (3.07%), Vitamin B2:
0.18mg (10.73%), Calcium: 72.09mg (7.21%), Vitamin B5: 0.52mg (5.23%), Potassium: 165.43mg (4.73%),
Phosphorus: 45.26mg (4.53%), Vitamin A: 169.6IU (3.39%), Magnesium: 11.2mg (2.8%), Manganese: 0.05mg (2.6%),
Selenium: 1.6µg (2.28%), Vitamin B1: 0.03mg (2.2%), Vitamin B3: 0.35mg (1.74%), Vitamin B6: 0.03mg (1.7%),
Vitamin B12: 0.09µg (1.44%), Iron: 0.24mg (1.35%), Zinc: 0.2mg (1.34%), Folate: 4.41µg (1.1%), Copper: 0.02mg
(1.02%)