



Rich Café Au Lait



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



405 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup ground mocha java coffee finely
- ☐ 4 cups water boiling
- ☐ 4 cups whipping cream

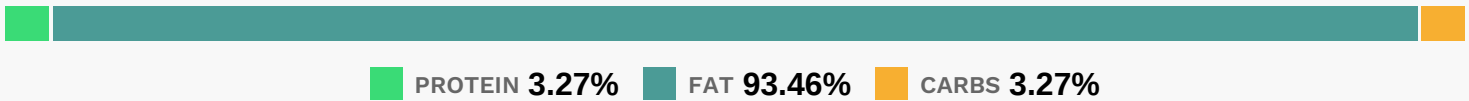
Equipment

- ☐ pot

Directions

- ☐ Place coffee grounds in basket of a French drip coffee pot.
- ☐ Pour boiling water, a few tablespoonfuls at a time, over coffee grounds. Continue process until all water has dripped through grounds.
- ☐ Bring cream to a boil.
- ☐ To serve, pour 1/2 cup coffee and 1/2 cup cream in a serving cup.
- ☐ Add sugar, if desired, stirring well.
- ☐ Serve immediately.
- ☐ Note: For Caf Noir, omit whipping cream.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:4.9652174657778%

Nutrients (% of daily need)

Calories: 404.6kcal (20.23%), Fat: 42.96g (66.09%), Saturated Fat: 27.37g (171.06%), Carbohydrates: 3.38g (1.13%), Net Carbohydrates: 3.38g (1.23%), Sugar: 3.47g (3.86%), Cholesterol: 134.47mg (44.82%), Sodium: 38.04mg (1.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 8.04mg (2.68%), Protein: 3.38g (6.76%), Vitamin A: 1749.3IU (34.99%), Vitamin B2: 0.22mg (13.16%), Vitamin D: 1.9µg (12.69%), Calcium: 82.09mg (8.21%), Vitamin E: 1.09mg (7.3%), Phosphorus: 69.02mg (6.9%), Selenium: 3.57µg (5.1%), Vitamin K: 3.81µg (3.63%), Potassium: 113.05mg (3.23%), Vitamin B12: 0.19µg (3.17%), Vitamin B5: 0.3mg (3.03%), Magnesium: 9.51mg (2.38%), Vitamin B6: 0.04mg (2.08%), Zinc: 0.3mg (1.98%), Copper: 0.03mg (1.6%), Vitamin B1: 0.02mg (1.59%), Folate: 4.76µg (1.19%)