



Sara's Iced Coffee

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



153 kcal

BEVERAGE

DRINK

Ingredients

- 4 cups hot-brewed coffee fresh brewed
- 0.5 cup cup heavy whipping cream
- 3 cups ice cubes crushed
- 0.5 teaspoon vanilla extract
- 0.3 cup water boiling
- 0.3 cup sugar white

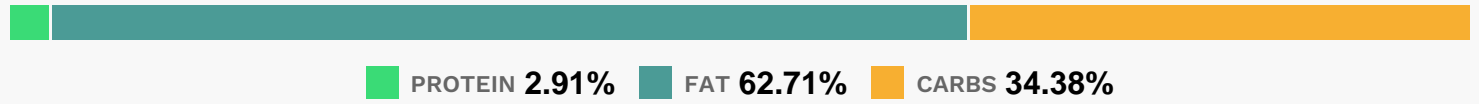
Equipment

- oven

Directions

Refrigerate coffee until cool, about 30 minutes. Chill four glasses, if desired. Stir vanilla extract and sugar in the boiling water until dissolved. Refrigerate until cool, about 30 minutes. Divide the ice and chilled coffee evenly between the four glasses. Stir in cream and sugar mixture, to taste.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:8.73, Inflammation Score:-3, Nutrition Score:2.7765217527099%

Flavonoids

Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg
Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Myricetin: 0.12mg,
Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg,
Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 153.09kcal (7.65%), Fat: 10.83g (16.66%), Saturated Fat: 6.85g (42.8%), Carbohydrates: 13.36g (4.45%),
Net Carbohydrates: 13.36g (4.86%), Sugar: 13.41g (14.9%), Cholesterol: 33.62mg (11.21%), Sodium: 22.55mg (0.98%),
Alcohol: 0.17g (100%), Alcohol %: 0.05% (100%), Caffeine: 94.8mg (31.6%), Protein: 1.13g (2.26%), Vitamin B2:
0.24mg (14.05%), Vitamin A: 437.33IU (8.75%), Vitamin B5: 0.68mg (6.78%), Potassium: 145.38mg (4.15%), Vitamin
D: 0.48µg (3.17%), Calcium: 30.32mg (3.03%), Manganese: 0.06mg (2.82%), Magnesium: 11.17mg (2.79%), Vitamin
B1: 0.04mg (2.61%), Phosphorus: 24.4mg (2.44%), Vitamin B3: 0.47mg (2.37%), Copper: 0.04mg (2%), Vitamin E:
0.3mg (1.98%), Folate: 5.93µg (1.48%), Selenium: 0.97µg (1.38%), Vitamin K: 1.19µg (1.13%)