



## Spiked Coffee with Pumpkin Spice

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



119 kcal

BEVERAGE

DRINK

### Ingredients

- 2.5 cups hot-brewed coffee hot brewed
- 1.5 teaspoons t brown sugar dark packed
- 0.5 cup cup heavy whipping cream
- 4 servings grating nutmeg whole for grating

### Equipment

- bowl
- whisk

## Directions

- Chill a medium bowl and a hand whisk in the freezer for 10 minutes.
- Add the cream and sugar to the bowl and whisk until medium peaks form, about 2 minutes.
- Place 5 ounces of the coffee and 2 ounces of the liqueur in each of 4 (8-ounce) heatproof glasses or mugs and stir to combine. Divide the whipped cream among the drinks and grate nutmeg over the cream.

## Nutrition Facts

**PROTEIN 3.77%** **FAT 85.34%** **CARBS 10.89%**

## Properties

Glycemic Index:17.5, Glycemic Load:0.4, Inflammation Score:-3, Nutrition Score:2.5369564955649%

## 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: 118.83kcal (5.94%), Fat: 11.5g (17.69%), Saturated Fat: 7.36g (46.03%), Carbohydrates: 3.3g (1.1%), Net  
Carbohydrates: 2.89g (1.05%), Sugar: 2.89g (3.21%), Cholesterol: 33.62mg (11.21%), Sodium: 11.73mg (0.51%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 59.25mg (19.75%), Protein: 1.14g (2.28%), Vitamin B2: 0.17mg  
(9.98%), Vitamin A: 439.36IU (8.79%), Manganese: 0.09mg (4.67%), Vitamin B5: 0.45mg (4.54%), Vitamin D:  
0.48µg (3.17%), Potassium: 109.84mg (3.14%), Calcium: 27.52mg (2.75%), Phosphorus: 26.02mg (2.6%), Magnesium:  
10.32mg (2.58%), Vitamin B1: 0.03mg (2.24%), Vitamin E: 0.29mg (1.92%), Fiber: 0.42g (1.66%), Vitamin B3: 0.33mg  
(1.65%), Folate: 5.69µg (1.42%), Copper: 0.03mg (1.37%), Selenium: 0.94µg (1.35%), Vitamin K: 1.1µg (1.05%)