

Thai Coffee

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



65 kcal

BEVERAGE

DRINK

Ingredients

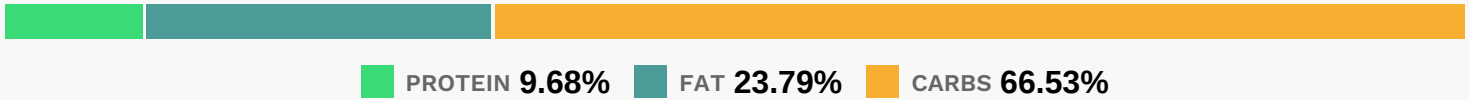
- ☐ 0.3 teaspoon ground cardamom
- ☐ 2 tablespoons ground coffee beans
- ☐ 2 tablespoons condensed milk sweetened
- ☐ 2 servings water

Equipment

Directions

- ☐
- Place coffee and cardamom in the filter of your coffee machine.
- ☐
- Place enough water to make 2 cups of coffee in the machine. Turn on the coffee machine.
- ☐
- Pour brewed coffee into 2 coffee cups, and stir 1 tablespoon sweetened condensed milk into each cup.
- ☐
- Serve.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:6.64, Inflammation Score:-1, Nutrition Score:1.769999988701%

Nutrients (% of daily need)

Calories: 64.98kcal (3.25%), Fat: 1.76g (2.7%), Saturated Fat: 1.1g (6.87%), Carbohydrates: 11.05g (3.68%), Net Carbohydrates: 10.98g (3.99%), Sugar: 10.88g (12.09%), Cholesterol: 6.8mg (2.27%), Sodium: 37.27mg (1.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 10.01mg (3.34%), Protein: 1.61g (3.22%), Calcium: 64.86mg (6.49%), Phosphorus: 51.04mg (5.1%), Vitamin B2: 0.08mg (4.92%), Selenium: 2.96µg (4.23%), Manganese: 0.07mg (3.56%), Potassium: 77mg (2.2%), Copper: 0.04mg (2.09%), Magnesium: 8.14mg (2.03%), Zinc: 0.23mg (1.54%), Vitamin B5: 0.15mg (1.5%), Vitamin B12: 0.09µg (1.47%), Vitamin B1: 0.02mg (1.23%), Vitamin A: 53.4IU (1.07%)