



## Turkish Coffee

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



52 kcal

BEVERAGE

DRINK

### Ingredients

- 2.5 tablespoons ground coffee turkish-style finely
- 1.3 cups milk cold
- 5 teaspoons sugar white to taste

### Equipment

- sauce pan

### Directions

Stir milk, coffee, and sugar together in a saucepan over medium heat until the sugar dissolves. Cook until the liquid begins to bubble. Cook another 30 seconds; remove from heat.

Serve hot.

## Nutrition Facts

**PROTEIN 15.1%** **FAT 33.35%** **CARBS 51.55%**

### Properties

Glycemic Index:21.62, Glycemic Load:3.87, Inflammation Score:-1, Nutrition Score:1.9873912847074%

### Nutrients (% of daily need)

Calories: 52kcal (2.6%), Fat: 1.96g (3.02%), Saturated Fat: 1.13g (7.09%), Carbohydrates: 6.83g (2.28%), Net Carbohydrates: 6.83g (2.48%), Sugar: 6.93g (7.7%), Cholesterol: 7.32mg (2.44%), Sodium: 23.22mg (1.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.01mg (1.67%), Protein: 2g (4%), Calcium: 75.07mg (7.51%), Phosphorus: 61.61mg (6.16%), Vitamin B12: 0.33µg (5.49%), Vitamin B2: 0.08mg (5%), Vitamin D: 0.67µg (4.47%), Potassium: 91.58mg (2.62%), Vitamin B1: 0.03mg (2.28%), Vitamin B5: 0.23mg (2.28%), Vitamin A: 98.82IU (1.98%), Vitamin B6: 0.04mg (1.86%), Magnesium: 7.32mg (1.83%), Selenium: 1.18µg (1.69%), Zinc: 0.25mg (1.67%)