



Turkish-Style Coffee



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



75 kcal

BEVERAGE

DRINK

Ingredients



1 tablespoon ground cardamom



0.8 cup ground roast coffee dark



0.8 cup sugar



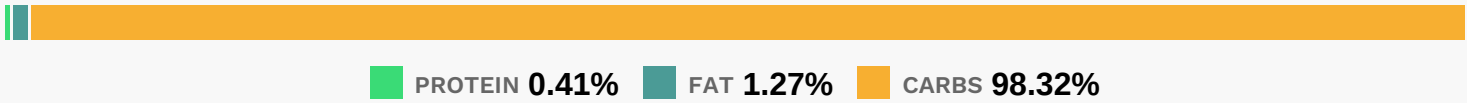
8 cups water

Equipment

Directions

Combine coffee and cardamom in a coffee filter; brew with 8 cups water in a coffeemaker.Stir in sugar; serve immediately.

Nutrition Facts



Properties

Glycemic Index:9.39, Glycemic Load:13.1, Inflammation Score:0, Nutrition Score:0.77999999147394%

Nutrients (% of daily need)

Calories: 74.52kcal (3.73%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 19.19g (6.4%), Net Carbohydrates: 18.98g (6.9%), Sugar: 18.71g (20.79%), Cholesterol: 0mg (0%), Sodium: 12.15mg (0.53%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Caffeine: 12.07mg (4.02%), Protein: 0.08g (0.16%), Manganese: 0.21mg (10.54%), Copper: 0.04mg (2.1%), Magnesium: 4.08mg (1.02%), Calcium: 10.16mg (1.02%)