



Ultimate Iced Coffee

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



8 kcal

BEVERAGE

DRINK

Ingredients

- 2 packets sweet'n low granulated sugar substitute
- 0.3 cup medium-coarse ground coffee
- 1 serving coffee ice cubes
- 1.5 cups water filtered

Equipment

- sieve
- cheesecloth

Directions

- Fill a tall glass with coffee ice cubes.
- Pour in the cold brewed coffee. Sweeten to taste with Sweet'N Low.
- Add milk as desired.
- Place the coffee in a glass jar, add the water, and stir to combine. Cover and set aside at room temperature for 12 hours or overnight.
- Strain the coffee through a large-size paper coffee filter, a fine sieve, or a strainer lined with cheesecloth. Cold-brewed coffee can be refrigerated in a covered jar for up to 24 hours. This recipe can be doubled.

Nutrition Facts

PROTEIN 0% **FAT 0.72%** **CARBS 99.28%**

Properties

Glycemic Index:70.09, Glycemic Load:1.4, Inflammation Score:-1, Nutrition Score:0.25565217184308%

Nutrients (% of daily need)

Calories: 7.7kcal (0.38%), Fat: 0.01g (0.01%), Saturated Fat: 0g (0%), Carbohydrates: 1.99g (0.66%), Net Carbohydrates: 1.99g (0.72%), Sugar: 2g (2.22%), Cholesterol: 0mg (0%), Sodium: 20.56mg (0.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 42.9mg (14.3%), Protein: 0g (0%), Copper: 0.07mg (3.29%), Calcium: 12.35mg (1.23%), Magnesium: 4.11mg (1.03%)