



Viennese Iced Coffee

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



15 min.

SERVINGS



4

CALORIES



182 kcal

BEVERAGE

DRINK

Ingredients

- 6 ounce espresso grounds
- 2 cups ice cubes
- 4 scoops coffee ice cream
- 4 servings short straws for serving
- 3 tablespoons sugar
- 4 servings cocoa powder unsweetened such as pernigotti
- 1 teaspoon vanilla extract pure
- 0.3 cup water hot

Equipment

- blender
- microwave
- sifter
- drinking straws

Directions

- Combine the espresso, sugar, vanilla, and hot water in a blender and stir until the sugar dissolves.
- Put the ice in the blender and process on high until the mixture is almost completely smooth. Divide the mixture among 4 short glasses.
- Place the ice cream in a microwave on high for 15 seconds, until softened. Scoop one ball of ice cream into each glass. With a small sifter, sprinkle each drink lightly with cocoa powder.
- Serve with a short straw and a teaspoon.

Nutrition Facts



Properties

Glycemic Index:32.77, Glycemic Load:15.5, Inflammation Score:-4, Nutrition Score:4.4830435022064%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 181.99kcal (9.1%), Fat: 7.6g (11.7%), Saturated Fat: 4.64g (29.03%), Carbohydrates: 25.96g (8.65%), Net Carbohydrates: 25.12g (9.14%), Sugar: 23.12g (25.69%), Cholesterol: 29.63mg (9.88%), Sodium: 66.45mg (2.89%), Alcohol: 0.34g (100%), Alcohol %: 0.17% (100%), Caffeine: 92.45mg (30.82%), Protein: 2.75g (5.5%), Vitamin B2: 0.24mg (14.13%), Magnesium: 49.92mg (12.48%), Vitamin B3: 2.35mg (11.76%), Calcium: 90.88mg (9.09%), Phosphorus: 81.58mg (8.16%), Potassium: 200.67mg (5.73%), Vitamin A: 277.86IU (5.56%), Copper: 0.1mg (4.88%), Vitamin B12: 0.29µg (4.86%), Zinc: 0.61mg (4.05%), Vitamin B5: 0.4mg (4.01%), Manganese: 0.07mg (3.39%), Fiber:

0.83g (3.33%), Selenium: 1.53µg (2.18%), Vitamin B1: 0.03mg (1.95%), Vitamin B6: 0.04mg (1.89%), Iron: 0.28mg (1.56%), Vitamin E: 0.2mg (1.36%), Folate: 4.11µg (1.03%)