



Vietnamese Ice Coffee

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



128 kcal

BEVERAGE

DRINK

Ingredients

- 2 tablespoons ground coffee (with chicory)
- 2 tablespoons condensed milk (sweetened (scant))

Equipment

- measuring cup

Directions

- There are two ways to make Vietnamese coffee. The simplest method is to steep coffee grounds in a heatproof container with 2/3 cup boiling water for 4 minutes.
- Pour through a coffee filter into a heatproof glass.
- Or use a metal filter, which we recommend. Bring 1 cup water to a boil.
- Remove top screen from filter, add coffee, then screw on top screen.
- Place filter over a heatproof 12-ounce glass or measuring cup.
- Pour a splash of the hot water into filter; this will allow the coffee grounds to bloom. When coffee begins to drip through, add enough water to reach top of filter.
- Place lid on filter and let coffee drip for 4 minutes. If coffee stops dripping sooner, gently loosen screw to relieve pressure.
- Stir in condensed milk until blended.
- Add ice, stir, and serve.

Nutrition Facts



■ PROTEIN **9.66%**
■ FAT **23.91%**
■ CARBS **66.43%**

Properties

Glycemic Index: 61, Glycemic Load: 13.27, Inflammation Score: -1, Nutrition Score: 2.8426086711495%

Nutrients (% of daily need)

Calories: 128.4kcal (6.42%), Fat: 3.48g (5.35%), Saturated Fat: 2.2g (13.73%), Carbohydrates: 21.76g (7.25%), Net Carbohydrates: 21.76g (7.91%), Sugar: 21.76g (24.18%), Cholesterol: 13.6mg (4.53%), Sodium: 50.8mg (2.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 20.02mg (6.67%), Protein: 3.16g (6.33%), Calcium: 113.6mg (11.36%), Phosphorus: 101.2mg (10.12%), Vitamin B2: 0.17mg (9.79%), Selenium: 5.92µg (8.46%), Potassium: 148.4mg (4.24%), Vitamin B5: 0.3mg (3%), Vitamin B12: 0.18µg (2.93%), Magnesium: 10.4mg (2.6%), Zinc: 0.38mg (2.51%), Vitamin B1: 0.04mg (2.4%), Vitamin A: 106.8IU (2.14%), Vitamin C: 1.04mg (1.26%), Folate: 4.4µg (1.1%), Vitamin B6: 0.02mg (1.02%)