KOREAN · DRINK

Keto Dalgona Whipped Iced Coffee

5 min · Makes 1 × 1 glass (250 ml) · 181 kcal a portion · Video 10:07 · HK's Keto & Low Carb Recipes

Vegetarian · Gluten-free ingredients · Nut-free

Sugar-free and very low in carbs: heavy cream replaces milk and erythritol replaces sugar, so nearly all of its energy comes from fat, which suits a keto day. About 180 kcal a glass.

Diet notes: Keto (3.7 g net carbs a serve).

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Ingredients 6 · MAKES 1 × 1 GLASS (250 ML)

- [ ] 1 tbsp **instant coffee powder**
- [ ] 1 tbsp **powdered erythritol**
- [ ] **Water**: 1 tbsp boiling water
- [ ] 3½ tbsp heavy (whipping) cream
- [ ] a splash of **water** to thin the cream (about 3½ tbsp)
- [ ] a few **ice cubes**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put 1 tbsp instant coffee powder, 1 tbsp powdered erythritol and 1 tbsp boiling water in a bowl: equal parts of each. It must be instant coffee; brewed coffee or espresso won't whip. 2:04
2. Whip with an electric beater until it froths, then turns thick, creamy and lighter in colour, like whipped cream that holds on the bowl. A hand whisk works too but takes several minutes. 3:16
3. Pour 3½ tbsp heavy cream into a glass and thin it with a splash of water so it is more like milk. Add ice cubes. 4:17
4. Spoon the whipped coffee on top, scraping out every bit, and smooth it over. Stir it into the cold cream before you drink it. 4:59

> **Tip** The foam is strong and sweet on its own, so mix it in well. For a non-keto version, use milk instead of the cream and water.

The method is a summary in our words — the video shows every step.

One portion, 1 glass (250 ml), gives you 1 OF 1 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
181 kcal	1.4 g	3.7 g	0 g	18 g	20 mg
760 kJ	3% of a day	3.7 g net · 1.4 g sugars	0% of a day	12 g saturated	1% of a day
		1% of a day		23% of a day	

Energy from net carbs 8% · protein 3% · fat 89% — fits keto: 3.7 g net carbs, 89% of the energy from fat

High in (20%+ of a day) Vitamin A 23%

Recipe and video: HK's Keto & Low Carb Recipes (@HKKetoRecipes) on YouTube — youtube.com/watch?v=kSUR5ZqYg8c, published 14 April 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-dalgona-whipped-coffee