



Healthdor

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Coffee of the Week ♦♦

A weekly coffee selection featuring a unique blend of flavors and aromas. Each week, a new coffee is chosen to highlight the best beans from around the world. This recipe showcases the art of coffee brewing and the joy of discovering new flavors.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: 5 mins

Total Time: 10 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

50 g Coffee Beans

500 ml water

Directions

Step 1

Grinding

Grind the coffee beans to a medium-coarse consistency.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Boiling

Bring the water to a boil.

Prep Time: 0 mins

Cook Time: 5 mins

Step 3

Place the ground coffee in a French press.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Pouring

Pour the hot water over the coffee grounds in the French press.

Prep Time: 0 mins

Cook Time: 4 mins

Step 5

Stirring

Stir gently and let the coffee steep for 4 minutes.

Prep Time: 0 mins

Cook Time: 4 mins

Step 6

Pressing

Press the plunger of the French press slowly to separate the coffee grounds from the liquid.

Prep Time: 0 mins

Cook Time: 1 mins

Step 7

Serving

Pour the brewed coffee into cups and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 0 kcal

Fat: 0 g

Protein: 0 g

Carbohydrates: 0 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 0 g | 0% | 0% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 0 g | 0% | 0% |
| Fibers | 0 g | 0% | 0% |
| Sugars | 0 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 0 g | N/A | N/A |
| Saturated Fat | 0 g | 0% | 0% |
| Fat | 0 g | 0% | 0% |
| Cholesterol | 0 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Vitamin A | 0 iu | 0% | 0% |
| Vitamin C | 0 mg | 0% | 0% |
| Vitamin B6 | 0 mg | 0% | 0% |
| Vitamin B12 | 0 mcg | 0% | 0% |
| Vitamin E | 0 mg | 0% | 0% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Sodium | 0 mg | 0% | 0% |
| Calcium | 0 mg | 0% | 0% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|-------|------------------------|--------------------------|
| Iron | 0 mg | 0% | 0% |
| Potassium | 0 mg | 0% | 0% |
| Zinc | 0 mg | 0% | 0% |
| Selenium | 0 mcg | 0% | 0% |

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
 Valentine's Day Mother's Day Father's Day New Year Anniversary
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
 Game Day

Meal Type

Breakfast Lunch

Difficulty Level

Easy

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