



Healthdor

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Espresso Shot ♦♦

An intense and concentrated coffee beverage made by forcing hot water through finely ground coffee beans.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: N/A

Total Time: 5 mins

Recipe Yield: 30 grams

Number of Servings: 1

Serving Size: 30 g

Ingredients

18 g espresso coffee

30 ml water

Directions

Step 1

Grinding

Grind the coffee beans to a fine consistency.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Fill the espresso machine with water.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Add the ground coffee to the espresso machine's portafilter.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Tamp the coffee grounds in the portafilter.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Place the portafilter in the espresso machine and start the extraction process.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Collect the espresso shot in a cup.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 2 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%

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

Recipe Attributes

Events

Christmas

Cuisines

Italian

Kitchen Tools

Slow Cooker

Course

Appetizers

Drinks

Salads

Snacks

Sauces & Dressings

Cooking Method

Steaming

Cooking

None

Meal Type

Brunch

Supper

Difficulty Level

Easy

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