



Healthdor

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Coffee Regular

A classic coffee recipe that is enjoyed by many around the world. It is made with roasted coffee beans and hot water, resulting in a rich and flavorful beverage.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: N/A

Total Time: 5 mins

Recipe Yield: 10 grams

Number of Servings: 1

Serving Size: 250 g

Ingredients

15 g Coffee Beans

250 ml hot 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

Boil water and let it cool slightly.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Place the ground coffee in a coffee maker or French press.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Pour the hot water over the coffee grounds and let it steep for 4 minutes.

Prep Time: 0 mins

Cook Time: 4 mins

Step 5

Press the plunger down in a French press or strain the coffee in a coffee maker.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Serving

Serve hot and enjoy!

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)
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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%
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

Dinner

Snack

Supper

Difficulty Level

Easy

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