



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Frangelico Recipe

A delicious recipe using Frangelico liqueur, perfect for special occasions or as a dessert treat.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

100 ml	frangelico
300 ml	Heavy Cream
50 g	Sugar
1 tsp	Vanilla Extract
50 g	Hazelnuts

Directions

Step 1

Mixing

In a mixing bowl, combine Frangelico, heavy cream, sugar, and vanilla extract.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Whipping

Whip the mixture until it forms stiff peaks.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

Fold in the chopped hazelnuts.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Plating

Transfer the mixture to serving glasses or containers.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Refrigerating

Refrigerate for at least 1 hour before serving.

Prep Time: 60 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 20 g

Protein: 2 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
----------	-------	------------------------	--------------------------

Vitamin A	100 iu	11.11%	14.29%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	20 mg	0.87%	0.87%
Calcium	50 mg	5%	5%
Iron	1 mg	12.5%	5.56%
Potassium	100 mg	2.94%	3.85%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Events

Christmas

Cuisines

Italian

Course

Desserts

Cultural

Ramadan

Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

Over \$50

Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Pregnancy Safe

Lactation Friendly

Allergy Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Meal Type

Brunch

Snack

Difficulty Level

Medium

Visit our website: healthdor.com