

There really is that much caffeine in your coffee!

Some guidelines about how much caffeine is in a cup of filtered coffee or shot of espresso are circulating on the Internet. But how much caffeine is really in my favorite coffee? I wanted to know exactly how much, so not only did I make my own estimations and calculations of 15 different types of coffee, but I also had the caffeine content analyzed in a certified testing laboratory in Berlin.

TEST DESIGN



1
Omniroast, which is ideal for many kinds of uses



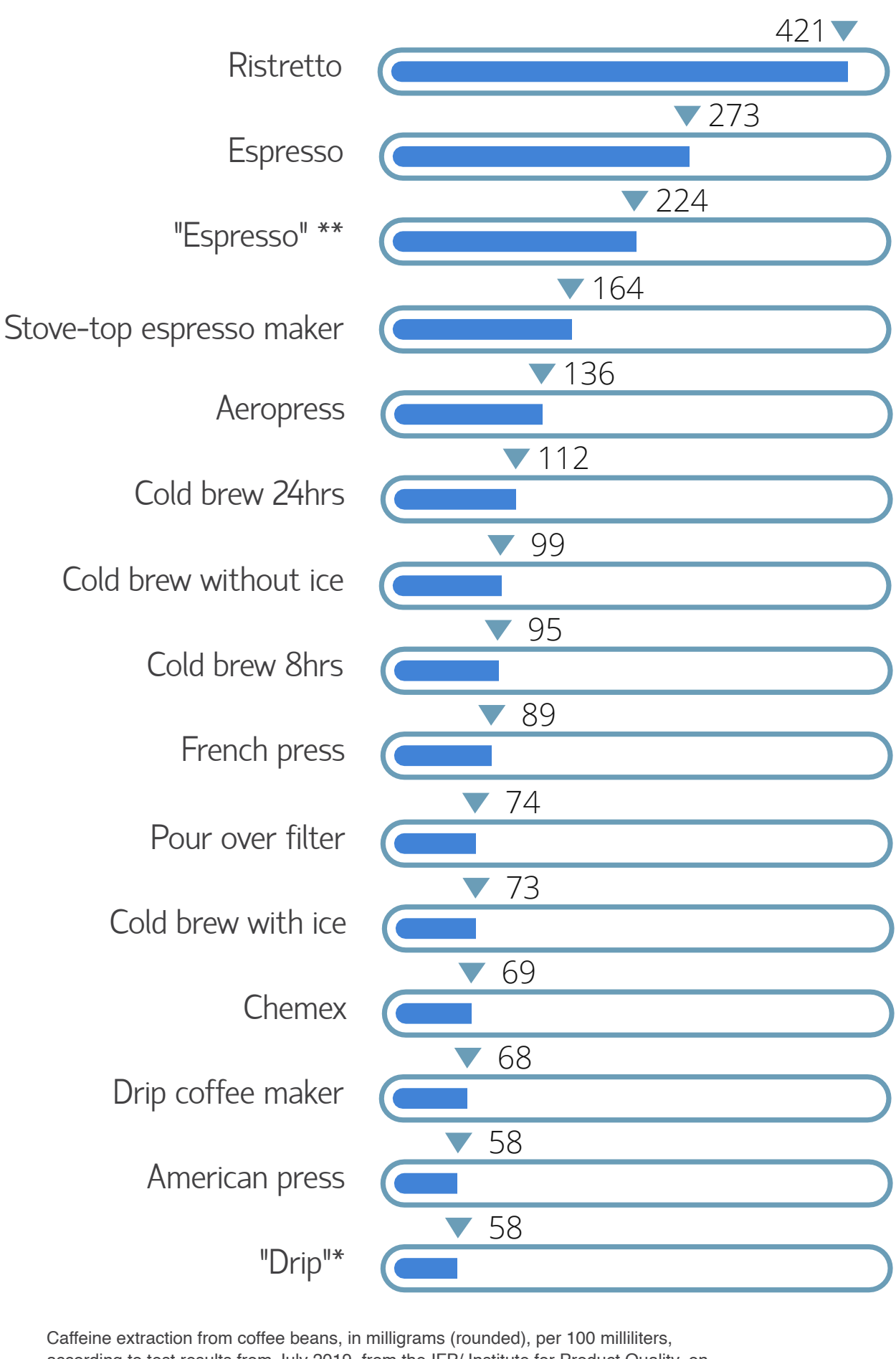
15
different coffee preparation methods

How much caffeine does coffee really have?

Arne Preuß



THE AMOUNT OF CAFFEINE IN COFFEE, BY PREPARATION METHOD



Caffeine extraction from coffee beans, in milligrams (rounded), per 100 milliliters, according to test results from July 2019, from the IFP/ Institute for Product Quality, on behalf of coffeeness.de
*coffee / ** espresso from a super automatic espresso machine

<https://www.coffeeness.de/en/how-much-caffeine-in-coffee/>

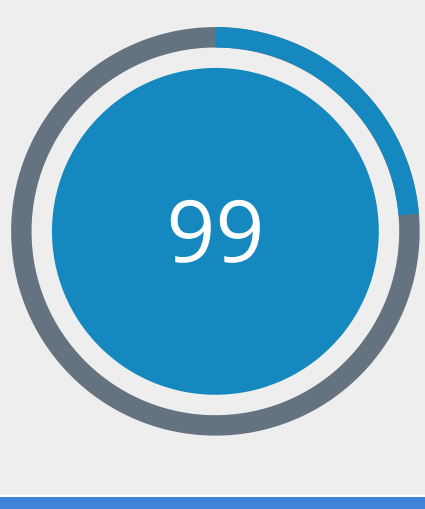
Filtered Coffee



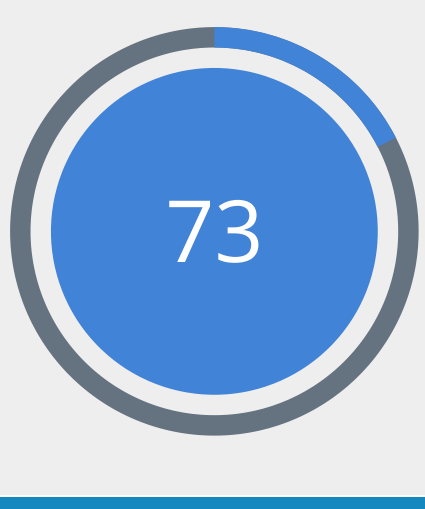
Super Automatic Espresso Machine



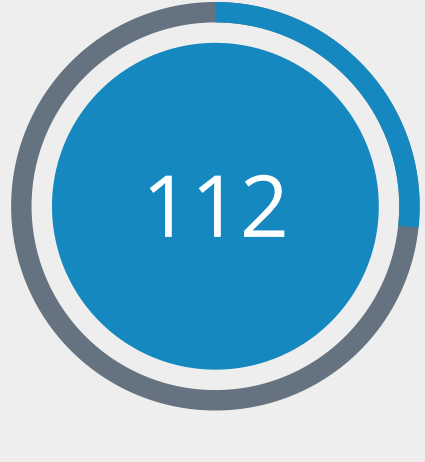
Cold Brew Without Ice



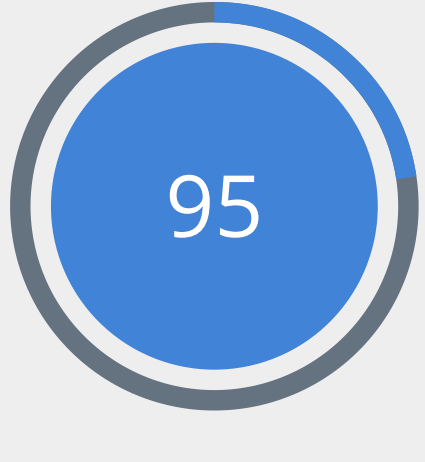
Cold Brew With Ice



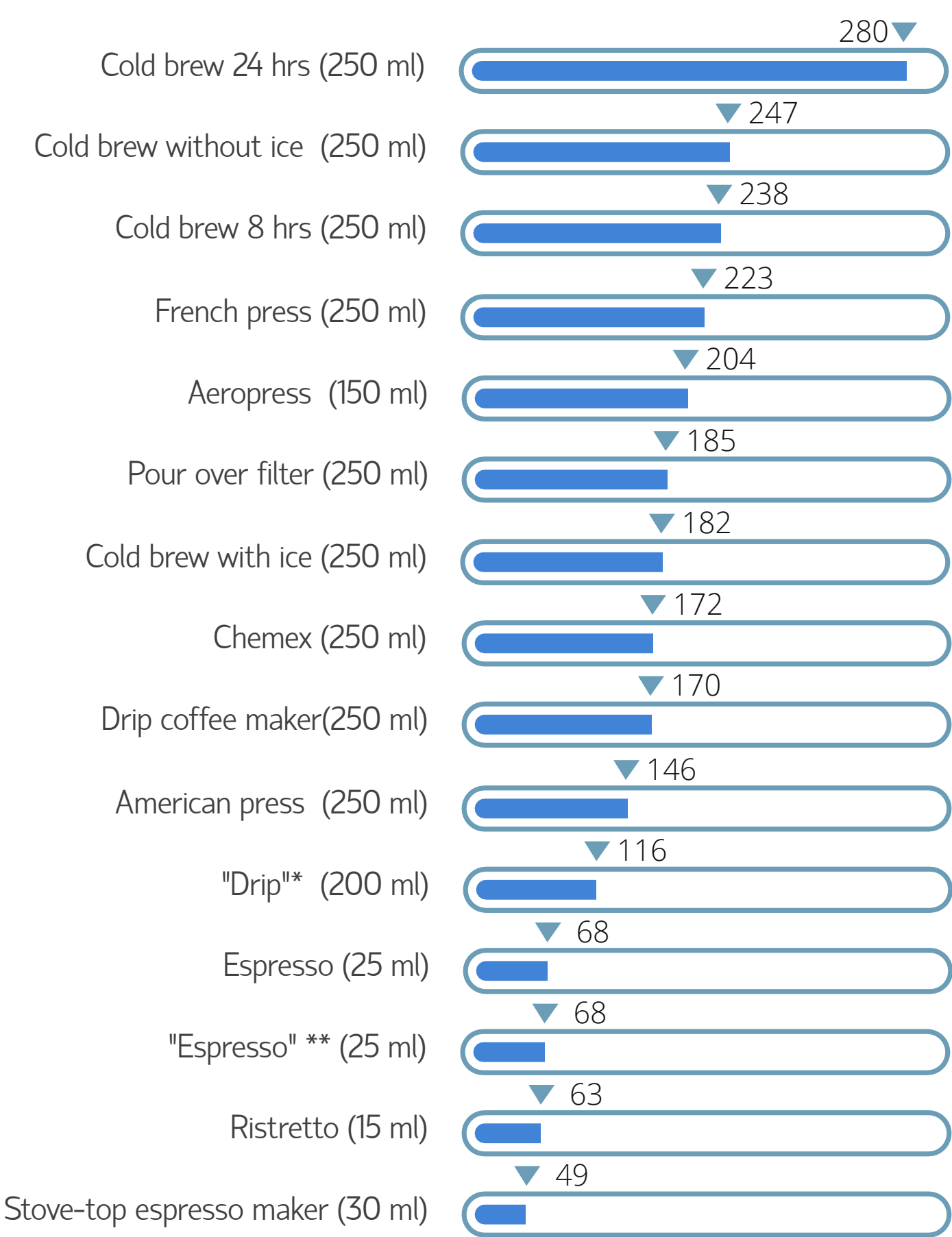
Cold Brew - 24 hrs



Cold Brew - 8 hrs



CAFFEINE CONTENT PER SERVING OF COFFEE, BY PREPARATION METHOD



In milligrams per typical serving size, according to test result 07/19, IFP on behalf of Coffeeness.de
*coffee/** espresso from a super automatic espresso machine

Source

<https://coffeeness.de/en/how-much-caffeine-in-coffee/>

