



5-Minute Frosty Mocha



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



250 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup chocolate syrup
- ☐ 2 cups ice cubes
- ☐ 2 tablespoons coffee instant
- ☐ 2 cups whipped cream fat-free
- ☐ 1 cup water

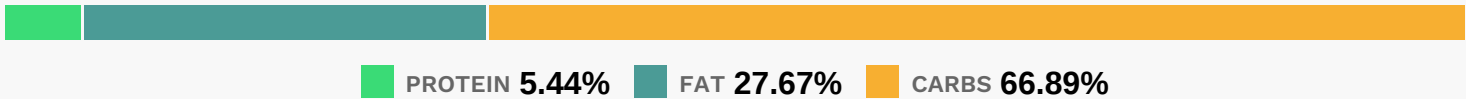
Equipment

- ☐ blender

Directions

- ☐ In blender, place water, coffee granules and chocolate syrup. Cover; blend on high speed until well blended.
- ☐ Add ice cream. Cover; blend on high speed until smooth.
- ☐ Add ice cubes. Cover; blend on high speed until ice is crushed.
- ☐ Pour into 4 serving glasses.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:9.22, Inflammation Score:-3, Nutrition Score:5.1873913212963%

Nutrients (% of daily need)

Calories: 250.07kcal (12.5%), Fat: 7.7g (11.84%), Saturated Fat: 4.68g (29.26%), Carbohydrates: 41.87g (13.96%), Net Carbohydrates: 40.44g (14.7%), Sugar: 32.61g (36.23%), Cholesterol: 29.04mg (9.68%), Sodium: 89.6mg (3.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 80.75mg (26.92%), Protein: 3.4g (6.8%), Phosphorus: 125.25mg (12.52%), Copper: 0.24mg (11.95%), Magnesium: 43.56mg (10.89%), Vitamin B2: 0.18mg (10.53%), Calcium: 98.58mg (9.86%), Manganese: 0.19mg (9.57%), Potassium: 303.84mg (8.68%), Fiber: 1.44g (5.75%), Vitamin A: 277.86IU (5.56%), Iron: 0.96mg (5.34%), Zinc: 0.76mg (5.04%), Vitamin B3: 0.9mg (4.51%), Vitamin B12: 0.26µg (4.29%), Vitamin B5: 0.39mg (3.91%), Selenium: 2.03µg (2.9%), Vitamin B1: 0.03mg (2.04%), Vitamin B6: 0.03mg (1.73%), Vitamin E: 0.21mg (1.37%), Folate: 4.05µg (1.01%)