



Alaska Mocha

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



214 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup chocolate syrup
- ☐ 0.3 cup nonfat milk dried
- ☐ 1.5 cups strong coffee decoction cold

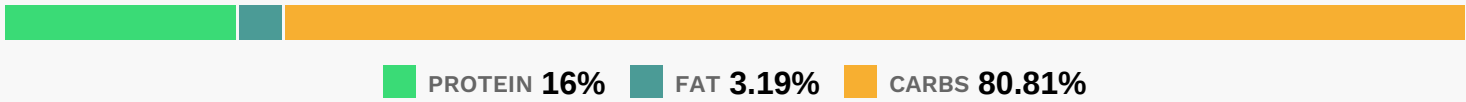
Equipment

- ☐ food processor
- ☐ blender
- ☐ ice cube tray

Directions

- ☐ Pour 1 1/4 cups coffee into an ice cube tray or trays and freeze until solid, at least 3 hours.
- ☐ To a blender (through opening in lid) or food processor with motor running, add frozen coffee cubes, chocolate syrup, nonfat dried milk, and 1/4 cup cold coffee. Whirl until mixture is a thick slush; if thicker than you like, add a little more cold coffee.
- ☐ Pour into tall glasses.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:10.178260912066%

Flavonoids

Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg
Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Myricetin: 0.09mg,
Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin:
0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 213.68kcal (10.68%), Fat: 0.75g (1.16%), Saturated Fat: 0.36g (2.27%), Carbohydrates: 42.95g (14.32%), Net Carbohydrates: 41.65g (15.15%), Sugar: 35.22g (39.14%), Cholesterol: 4mg (1.33%), Sodium: 146.55mg (6.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 74.1mg (24.7%), Protein: 8.5g (17.01%), Vitamin B2: 0.47mg (27.65%), Phosphorus: 263.43mg (26.34%), Calcium: 262.55mg (26.26%), Potassium: 557.1mg (15.92%), Magnesium: 59.83mg (14.96%), Vitamin D: 2.2µg (14.67%), Vitamin B12: 0.81µg (13.43%), Copper: 0.27mg (13.39%), Manganese: 0.24mg (11.79%), Vitamin B5: 1.17mg (11.72%), Selenium: 6.16µg (8.8%), Vitamin A: 435.8IU (8.72%), Zinc: 1.22mg (8.11%), Vitamin B1: 0.11mg (7.49%), Iron: 1.14mg (6.32%), Fiber: 1.3g (5.2%), Vitamin B6: 0.08mg (3.85%), Folate: 14.56µg (3.64%), Vitamin B3: 0.69mg (3.45%), Vitamin C: 1.46mg (1.77%)