



Berry Iced Coffee



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



5 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 serving vanilla almond milk
- ☐ 1 serving hot-brewed coffee brewed
- ☐ 8 ounces hot-brewed coffee brewed
- ☐ 0.5 teaspoon raspberry extract

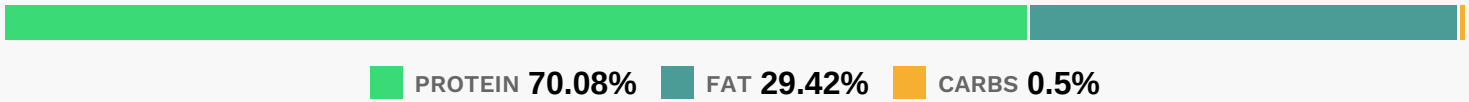
Equipment

- ☐ ice cube tray

Directions

☐ First, brew a few cups of your favorite coffee; let cool, then pour into an ice cube tray and freeze. When you want a drink, brew another 8 oz. coffee; let stand for a couple of minutes, then pour into a glass. Stir in raspberry extract and a splash of almond milk. Drop in 4 or 5 coffee ice cubes (they won't water down your drink when they melt!) and enjoy.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.7678260269534%

Flavonoids

Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg
Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Myricetin: 0.23mg, Myricetin:
0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg,
Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 4.78kcal (0.24%), Fat: 0.1g (0.16%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 0g (0%), Net Carbohydrates: 0g (0%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 10.58mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 185.52mg (61.84%), Protein: 0.56g (1.12%), Vitamin B2: 0.35mg (20.73%), Vitamin B5: 1.18mg (11.78%), Potassium: 227.26mg (6.49%), Manganese: 0.11mg (5.33%), Vitamin B3: 0.89mg (4.43%), Vitamin B1: 0.06mg (4.33%), Magnesium: 13.91mg (3.48%), Folate: 9.28µg (2.32%), Phosphorus: 13.91mg (1.39%), Calcium: 10.48mg (1.05%)