



Best Friends Iced Coffee Frappe

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



494 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup chocolate syrup
- ☐ 2 cups ginger ale
- ☐ 2 cups half-and-half
- ☐ 0.3 cup coffee granules instant
- ☐ 0.3 cup sugar
- ☐ 1 quart whipped cream
- ☐ 10 servings whipped cream
- ☐ 1.5 cups water boiling

Equipment

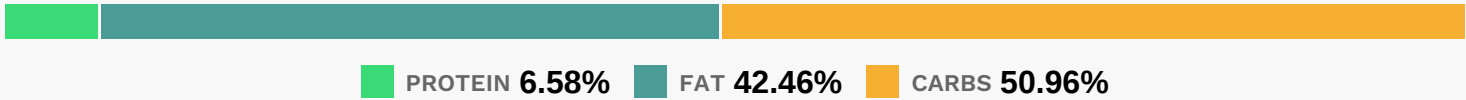
☐ bowl

☐ ladle

Directions

☐ Stir together first 4 ingredients in a large pitcher; cool. Cover and chill at least 8 hours. Stir together coffee mixture, half-and-half, and 1 quart ice cream in a punch bowl. Stir in ginger ale; ladle into glasses. Top with ice cream, if desired.

Nutrition Facts



Properties

Glycemic Index:25.51, Glycemic Load:28.53, Inflammation Score:-6, Nutrition Score:9.9726087839707%

Nutrients (% of daily need)

Calories: 493.95kcal (24.7%), Fat: 23.45g (36.08%), Saturated Fat: 14.4g (89.99%), Carbohydrates: 63.33g (21.11%), Net Carbohydrates: 61.82g (22.48%), Sugar: 52.69g (58.55%), Cholesterol: 87.62mg (29.21%), Sodium: 176.15mg (7.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 186.62mg (62.21%), Protein: 8.17g (16.35%), Vitamin B2: 0.49mg (28.96%), Calcium: 270.37mg (27.04%), Phosphorus: 251.92mg (25.19%), Potassium: 627.1mg (17.92%), Vitamin A: 847.61IU (16.95%), Magnesium: 57.25mg (14.31%), Vitamin B12: 0.72µg (11.97%), Vitamin B5: 1.08mg (10.81%), Vitamin B3: 1.96mg (9.78%), Zinc: 1.46mg (9.7%), Manganese: 0.18mg (8.91%), Selenium: 5.47µg (7.82%), Copper: 0.14mg (7.04%), Fiber: 1.51g (6.06%), Vitamin B1: 0.08mg (5.48%), Vitamin B6: 0.1mg (5.2%), Iron: 0.83mg (4.63%), Vitamin E: 0.61mg (4.04%), Folate: 9.78µg (2.45%), Vitamin D: 0.32µg (2.14%), Vitamin C: 1.43mg (1.73%), Vitamin K: 1.3µg (1.24%)