



Blended Mocha Drink

 Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



288 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 tablespoons chocolate syrup to taste
- ☐ 0.8 cup espresso grounds brewed
- ☐ 0.3 cup condensed milk sweetened
- ☐ 1 cup milk whole

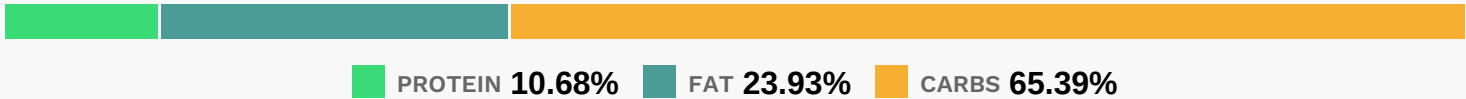
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Stir espresso and sweetened condensed milk together in a bowl.
- ☐ Add milk and stir; pour into a blender.
- ☐ Add ice and chocolate syrup to the espresso mixture. Blend until smooth.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:14.86, Inflammation Score:-5, Nutrition Score:10.824782532194%

Nutrients (% of daily need)

Calories: 287.65kcal (14.38%), Fat: 7.73g (11.89%), Saturated Fat: 4.61g (28.79%), Carbohydrates: 47.51g (15.84%), Net Carbohydrates: 46.73g (16.99%), Sugar: 41.57g (46.19%), Cholesterol: 27.65mg (9.22%), Sodium: 128.93mg (5.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 189.42mg (63.14%), Protein: 7.76g (15.53%), Vitamin B2: 0.5mg (29.36%), Magnesium: 114.89mg (28.72%), Phosphorus: 264.89mg (26.49%), Calcium: 264.66mg (26.47%), Vitamin B3: 4.92mg (24.58%), Potassium: 493.88mg (14.11%), Vitamin B12: 0.83µg (13.79%), Selenium: 8.4µg (12%), Copper: 0.2mg (10.24%), Vitamin D: 1.42µg (9.46%), Manganese: 0.17mg (8.3%), Vitamin B5: 0.77mg (7.71%), Zinc: 1.12mg (7.49%), Vitamin B1: 0.11mg (7.09%), Vitamin A: 299.77IU (6%), Vitamin B6: 0.1mg (4.87%), Iron: 0.82mg (4.56%), Fiber: 0.78g (3.12%), Vitamin C: 1.23mg (1.49%), Folate: 5.69µg (1.42%)