



Cafe Con Leche Shake



Gluten Free

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READY IN

ready

5 min.

SERVINGS

servings

2

CALORIES

calories

1006 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 servings general foods international suisse mocha cafe for garnish
- ☐ 2 servings milk chocolate shavings for garnish
- ☐ 0.3 cup rum / brandy / coffee liqueur recommended: Kahlua
- ☐ 0.8 cup strongly espresso brewed
- ☐ 1 pint coffee ice cream
- ☐ 3 tablespoons condensed milk sweetened
- ☐ 2 servings freshly whipped cream for garnish
- ☐ 1 cup milk whole

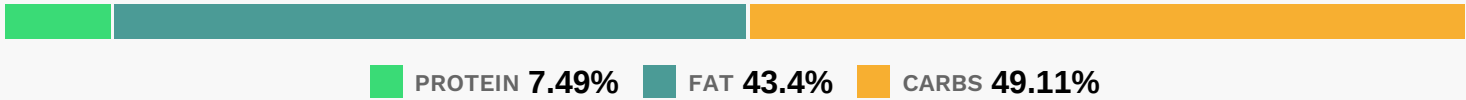
Equipment

☐ blender

Directions

- ☐ Place espresso, sweetened condensed milk, whole milk, coffee liqueur, and ice cream in a blender and blend until smooth.
- ☐ Pour into 2 tall glasses and top with a dollop of whipped cream, a few chocolate covered espresso beans, and chocolate shavings.

Nutrition Facts



Properties

Glycemic Index:107.5, Glycemic Load:45.58, Inflammation Score:-8, Nutrition Score:21.92391296055%

Nutrients (% of daily need)

Calories: 1005.6kcal (50.28%), Fat: 46.5g (71.54%), Saturated Fat: 27.14g (169.64%), Carbohydrates: 118.39g (39.46%), Net Carbohydrates: 113.65g (41.33%), Sugar: 104g (115.55%), Cholesterol: 138.76mg (46.25%), Sodium: 299.06mg (13%), Alcohol: 6.4g (100%), Alcohol %: 1.47% (100%), Caffeine: 524.08mg (174.69%), Protein: 18.04g (36.09%), Vitamin B2: 1.13mg (66.38%), Calcium: 586.54mg (58.65%), Phosphorus: 515.67mg (51.57%), Magnesium: 171.58mg (42.9%), Potassium: 1018.18mg (29.09%), Vitamin B12: 1.73µg (28.88%), Vitamin B3: 5.32mg (26.6%), Vitamin A: 1315.38IU (26.31%), Vitamin B5: 2.14mg (21.44%), Zinc: 3.04mg (20.24%), Fiber: 4.74g (18.94%), Selenium: 12.3µg (17.58%), Copper: 0.34mg (17.13%), Manganese: 0.31mg (15.32%), Vitamin B1: 0.2mg (13.53%), Vitamin D: 1.9µg (12.66%), Vitamin B6: 0.22mg (11.15%), Iron: 1.53mg (8.51%), Vitamin E: 0.96mg (6.43%), Folate: 17.39µg (4.35%), Vitamin K: 3.89µg (3.71%), Vitamin C: 2.38mg (2.88%)