

Cafe Latte Slush

 Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



209 kcal

DESSERT

Ingredients

- ☐ 7 servings garnish: chocolate syrup
- ☐ 2 cups milk divided
- ☐ 2 cups strong coffee decoction brewed
- ☐ 0.5 cup sugar

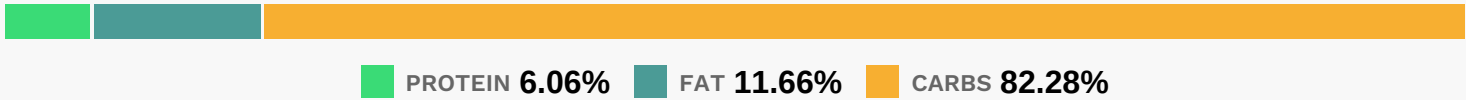
Equipment

- ☐ mixing bowl
- ☐ hand mixer

Directions

- ☐ Combine sugar and hot coffee in a large mixing bowl, stirring until sugar dissolves; stir in 1 cup milk. Cover and freeze 8 hours.
- ☐ Let thaw slightly in refrigerator; add remaining 1 cup milk. Beat at medium speed with an electric mixer until smooth.
- ☐ Garnish, if desired.
- ☐ Serve immediately.
- ☐ * Substitute fat-free milk or fat-free half-and-half for regular milk or half-and-half.

Nutrition Facts



Properties

Glycemic Index:15.44, Glycemic Load:11.21, Inflammation Score:-2, Nutrition Score:4.730869586377%

Flavonoids

Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg
Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Myricetin: 0.03mg,
Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin:
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Nutrients (% of daily need)

Calories: 209.11kcal (10.46%), Fat: 2.74g (4.22%), Saturated Fat: 1.51g (9.41%), Carbohydrates: 43.52g (14.51%), Net Carbohydrates: 42.48g (15.45%), Sugar: 37.47g (41.63%), Cholesterol: 8.37mg (2.79%), Sodium: 56.79mg (2.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 29.49mg (9.83%), Protein: 3.21g (6.42%), Phosphorus: 124.04mg (12.4%), Copper: 0.21mg (10.39%), Vitamin B2: 0.17mg (10.02%), Calcium: 92.85mg (9.28%), Magnesium: 36.4mg (9.1%), Manganese: 0.17mg (8.59%), Potassium: 227.64mg (6.5%), Vitamin B12: 0.38µg (6.27%), Vitamin D: 0.77µg (5.11%), Iron: 0.86mg (4.77%), Vitamin B5: 0.44mg (4.37%), Fiber: 1.04g (4.16%), Zinc: 0.59mg (3.95%), Vitamin B1: 0.05mg (3.47%), Selenium: 1.97µg (2.81%), Vitamin B6: 0.05mg (2.28%), Vitamin A: 112.94IU (2.26%), Vitamin B3: 0.33mg (1.66%)