

# Cappuccino Cooler

 Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



199 kcal

BEVERAGE

DRINK

## Ingredients

- 1.5 cups ice-cream chocolate shell
- 0.3 cup chocolate syrup
- 1.5 cups hot-brewed coffee cold
- 4 servings ice cubes crushed
- 1 cup whipped cream

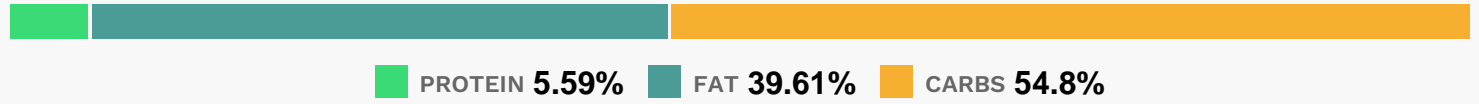
## Equipment

- blender

## Directions

- In a blender, combine coffee, ice cream and chocolate syrup. Blend until smooth.
- Pour over crushed ice.
- Garnish with a dollop of whipped cream and serve.

## Nutrition Facts



## Properties

Glycemic Index:26.25, Glycemic Load:7.71, Inflammation Score:-3, Nutrition Score:4.3708695445372%

## Flavonoids

Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg  
Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Myricetin: 0.04mg,  
Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin:  
0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 198.67kcal (9.93%), Fat: 9.01g (13.86%), Saturated Fat: 5.54g (34.62%), Carbohydrates: 28.04g (9.35%),  
Net Carbohydrates: 26.96g (9.8%), Sugar: 23.08g (25.65%), Cholesterol: 28.23mg (9.41%), Sodium: 54.15mg  
(2.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 38.16mg (12.72%), Protein: 2.86g (5.72%), Vitamin B2:  
0.18mg (10.75%), Phosphorus: 93.17mg (9.32%), Copper: 0.17mg (8.31%), Manganese: 0.16mg (8.08%), Magnesium:  
30.87mg (7.72%), Calcium: 73.54mg (7.35%), Potassium: 230.85mg (6.6%), Vitamin A: 308.67IU (6.17%), Vitamin  
B5: 0.55mg (5.48%), Iron: 0.87mg (4.85%), Fiber: 1.08g (4.33%), Zinc: 0.5mg (3.32%), Vitamin B12: 0.19µg (3.12%),  
Vitamin B1: 0.04mg (2.7%), Folate: 10.52µg (2.63%), Selenium: 1.71µg (2.44%), Vitamin B6: 0.04mg (1.77%), Vitamin  
B3: 0.35mg (1.76%), Vitamin E: 0.26mg (1.71%), Vitamin D: 0.16µg (1.06%)