



Cappuccino Ice



Gluten Free



Dairy Free

READY IN



190 min.

SERVINGS



6

CALORIES



76 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 tablespoons cocoa
- ☐ 3 cups hot-brewed coffee brewed
- ☐ 2 tablespoons sugar
- ☐ 2 cups non-dairy whipped topping frozen thawed reduced-calorie

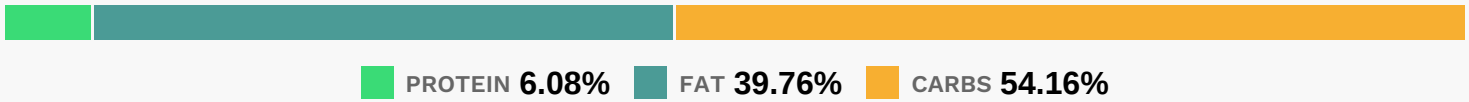
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ Combine all ingredients in a container of an electric blender; process until smooth.
- ☐ Pour mixture into an 8-inch square pan. Cover and freeze at least 3 hours or until mixture is almost frozen, stirring 2 or 3 times during freezing process. Scoop into individual dessert dishes; serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:2.79, Inflammation Score:-1, Nutrition Score:1.9008695884891%

Flavonoids

Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 3.32mg, Epicatechin: 3.32mg, Epicatechin: 3.32mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 76.39kcal (3.82%), Fat: 3.54g (5.45%), Saturated Fat: 2.96g (18.51%), Carbohydrates: 10.85g (3.62%), Net Carbohydrates: 10.23g (3.72%), Sugar: 9.92g (11.02%), Cholesterol: 0.5mg (0.17%), Sodium: 20.76mg (0.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 51.23mg (17.08%), Protein: 1.22g (2.44%), Vitamin B2: 0.12mg (6.9%), Manganese: 0.09mg (4.57%), Phosphorus: 34.29mg (3.43%), Copper: 0.07mg (3.42%), Magnesium: 13.62mg (3.41%), Potassium: 108.73mg (3.11%), Vitamin B5: 0.31mg (3.05%), Fiber: 0.62g (2.47%), Calcium: 22.29mg (2.23%), Vitamin B1: 0.02mg (1.53%), Iron: 0.27mg (1.5%), Vitamin B3: 0.29mg (1.44%), Selenium: 0.86µg (1.23%), Zinc: 0.16mg (1.08%)