



Caramel Espresso Smoothie



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



176 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 2 tablespoons caramel topping fat-free
- ☐ 1.5 cups ice cubes
- ☐ 0.9 ounce iced coffee-flavored coffee instant
- ☐ 6 ounces silken tofu light chilled drained
- ☐ 0.8 cup vanilla soy milk light

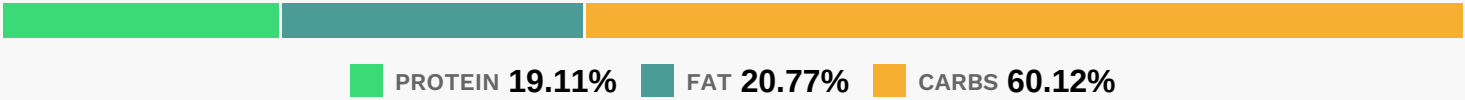
Equipment

- ☐ blender

Directions

- ☐ Place first 4 ingredients in a blender; process until smooth.
- ☐ Add ice cubes, a few at a time; process until thick.

Nutrition Facts



Properties

Glycemic Index:16.71, Glycemic Load:0.9, Inflammation Score:-5, Nutrition Score:10.743478274216%

Nutrients (% of daily need)

Calories: 176.34kcal (8.82%), Fat: 4.12g (6.34%), Saturated Fat: 0.51g (3.2%), Carbohydrates: 26.86g (8.95%), Net Carbohydrates: 26.42g (9.61%), Sugar: 14.75g (16.39%), Cholesterol: 0mg (0%), Sodium: 130.45mg (5.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 413.93mg (137.98%), Protein: 8.53g (17.07%), Vitamin B3: 6.89mg (34.43%), Potassium: 757.73mg (21.65%), Calcium: 183.98mg (18.4%), Magnesium: 70.55mg (17.64%), Copper: 0.33mg (16.58%), Vitamin B12: 0.99µg (16.53%), Vitamin E: 2.24mg (14.93%), Vitamin B2: 0.22mg (12.93%), Manganese: 0.24mg (11.78%), Vitamin B6: 0.22mg (10.97%), Phosphorus: 100.47mg (10.05%), Iron: 1.71mg (9.51%), Vitamin B1: 0.14mg (9.4%), Vitamin C: 6.47mg (7.84%), Vitamin A: 365.8IU (7.32%), Folate: 28.72µg (7.18%), Vitamin D: 1.06µg (7.08%), Selenium: 3.96µg (5.65%), Zinc: 0.72mg (4.79%), Fiber: 0.44g (1.76%)