



Caramelized Espresso Frappe

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



100 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup cocoa mix hot
- ☐ 1 cup ice cubes crushed
- ☐ 1 teaspoon espresso grounds instant
- ☐ 1 cup skim milk
- ☐ 0.3 cup sugar
- ☐ 0.3 cup water divided
- ☐ 0.5 cup water boiling

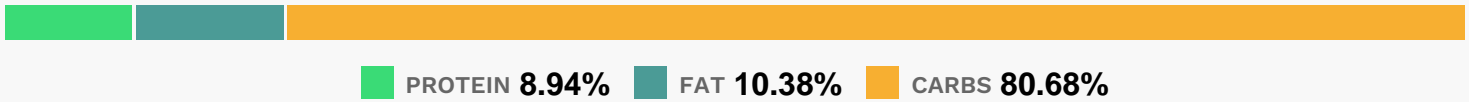
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ blender
- ☐ ice cube tray

Directions

- ☐ Combine boiling water and espresso; stir until coffee dissolves.
- ☐ Pour into an ice cube tray; freeze 4 hours or until firm.
- ☐ Combine sugar and 2 tablespoons water in a small heavy saucepan over medium heat; cook until sugar dissolves. Continue cooking an additional 5 minutes or until golden.
- ☐ Remove from heat; carefully stir in 2 tablespoons water with a whisk (mixture will bubble vigorously).
- ☐ Let cool.
- ☐ Combine caramelized sugar, milk, and cocoa mix in a blender; process until well-blended. With blender on, add coffee ice cubes, 1 at a time; process until smooth.
- ☐ Add crushed ice; process until smooth.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.84, Glycemic Load:9.72, Inflammation Score:-1, Nutrition Score:2.3273912784846%

Nutrients (% of daily need)

Calories: 99.83kcal (4.99%), Fat: 1.22g (1.87%), Saturated Fat: 0.78g (4.88%), Carbohydrates: 21.26g (7.09%), Net Carbohydrates: 20.96g (7.62%), Sugar: 20.07g (22.3%), Cholesterol: 1.84mg (0.61%), Sodium: 94.26mg (4.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.85mg (2.62%), Protein: 2.36g (4.71%), Calcium: 91.93mg (9.19%), Phosphorus: 66.29mg (6.63%), Vitamin B12: 0.36µg (5.92%), Vitamin B2: 0.08mg (4.87%), Vitamin D: 0.67µg (4.49%), Potassium: 111.39mg (3.18%), Vitamin A: 125.78IU (2.52%), Magnesium: 9.2mg (2.3%), Vitamin B1: 0.03mg (2.29%), Vitamin B5: 0.22mg (2.19%), Zinc: 0.29mg (1.92%), Selenium: 1.33µg (1.9%), Vitamin B6: 0.04mg (1.78%), Fiber: 0.3g (1.2%)