



Cherry Buster

 Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



250 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoons plus white
- ☐ 2 shots espresso grounds hot
- ☐ 1 shot espresso grounds to taste
- ☐ 1 tablespoon cherry syrup
- ☐ 12 ounces milk steamed
- ☐ 1 tablespoon bongo java mocha syrup
- ☐ 3 tablespoons sugar
- ☐ 3 tablespoons cocoa powder unsweetened

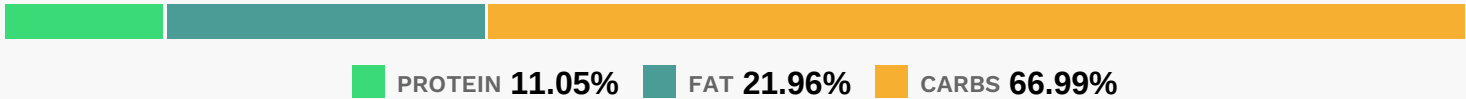
☐ 1 tablespoon water hot boiling

Equipment

Directions

- ☐ To make mocha syrup, mix all ingredients except espresso.
- ☐ Add espresso to desired strength.
- ☐ For the cherry buster drink, pour the cherry and mocha syrups in the bottom of a mug.
- ☐ Add the hot shots of espresso and swirl the chocolate and syrup together.
- ☐ Pour in steamed milk.
- ☐ Add whipped cream if desired.

Nutrition Facts



Properties

Glycemic Index:54.05, Glycemic Load:15.58, Inflammation Score:-5, Nutrition Score:10.42173910141%

Flavonoids

Catechin: 4.86mg, Catechin: 4.86mg, Catechin: 4.86mg, Catechin: 4.86mg Epicatechin: 14.73mg, Epicatechin: 14.73mg, Epicatechin: 14.73mg, Epicatechin: 14.73mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 249.69kcal (12.48%), Fat: 6.71g (10.33%), Saturated Fat: 3.83g (23.91%), Carbohydrates: 46.07g (15.36%), Net Carbohydrates: 43.1g (15.67%), Sugar: 38.85g (43.16%), Cholesterol: 20.41mg (6.8%), Sodium: 80.74mg (3.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 112.65mg (37.55%), Protein: 7.6g (15.2%), Magnesium: 96.2mg (24.05%), Phosphorus: 236.8mg (23.68%), Calcium: 227.27mg (22.73%), Vitamin B2: 0.34mg (19.99%), Manganese: 0.33mg (16.68%), Copper: 0.32mg (15.76%), Vitamin B12: 0.92µg (15.31%), Vitamin B3: 2.81mg (14.05%), Potassium: 439.89mg (12.57%), Vitamin D: 1.87µg (12.47%), Fiber: 2.97g (11.9%), Zinc: 1.27mg (8.49%), Vitamin B5: 0.72mg (7.21%), Vitamin B1: 0.11mg (7.21%), Selenium: 4.47µg (6.39%), Iron: 1.15mg (6.39%), Vitamin B6: 0.12mg (6.14%), Vitamin A: 275.71IU (5.51%), Folate: 4.33µg (1.08%)