



Chocolate Iced Coffee

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



252 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup chocolate syrup
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 1 cup ground coffee
- ☐ 2 cups half-and-half
- ☐ 2 tablespoons sugar
- ☐ 3.5 cups water

Equipment

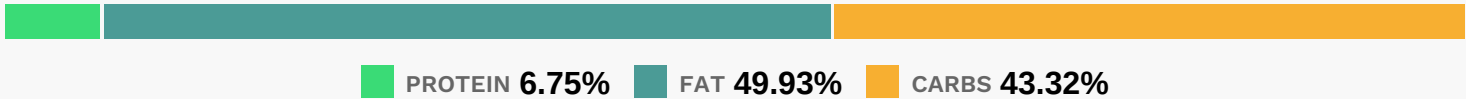
- ☐ bowl

- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Bring 3 1/2 cups water and coffee to a boil in a saucepan; remove from heat, and let stand 10 minutes.
- ☐ Pour mixture through a fine wire-mesh strainer into a bowl, discarding coffee grounds.
- ☐ Stir 2 tablespoons sugar and 3/4 teaspoon cinnamon into coffee until sugar dissolves; let cool. Stir in half-and-half and syrup; chill 2 hours.
- ☐ Serve over ice.

Nutrition Facts



Properties

Glycemic Index:18.77, Glycemic Load:4.19, Inflammation Score:-3, Nutrition Score:5.2560869299847%

Nutrients (% of daily need)

Calories: 252.29kcal (12.61%), Fat: 14.22g (21.88%), Saturated Fat: 8.64g (53.98%), Carbohydrates: 27.76g (9.25%), Net Carbohydrates: 26.91g (9.78%), Sugar: 23.41g (26.01%), Cholesterol: 42.35mg (14.12%), Sodium: 102.26mg (4.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 33.67mg (11.23%), Protein: 4.33g (8.65%), Phosphorus: 147.44mg (14.74%), Vitamin B2: 0.25mg (14.62%), Calcium: 143mg (14.3%), Copper: 0.17mg (8.69%), Vitamin A: 429.45IU (8.59%), Manganese: 0.16mg (8.12%), Magnesium: 30.65mg (7.66%), Potassium: 217.46mg (6.21%), Selenium: 4.27µg (6.1%), Zinc: 0.68mg (4.55%), Vitamin B12: 0.23µg (3.83%), Vitamin B5: 0.35mg (3.54%), Iron: 0.62mg (3.46%), Fiber: 0.85g (3.4%), Vitamin B6: 0.06mg (3.13%), Vitamin B1: 0.04mg (2.58%), Vitamin E: 0.32mg (2.11%), Vitamin K: 1.82µg (1.73%), Vitamin C: 1.15mg (1.4%), Vitamin B3: 0.22mg (1.09%), Folate: 4.15µg (1.04%)