



Chocolate Mocha Freeze

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



44 kcal

SIDE DISH

Ingredients

- 0.8 cup chocolate nonfat ice cream
- 2 tablespoons chocolate nonfat ice cream topping
- 0.3 cup club soda
- 0.8 cup strong coffee decoction chilled brewed

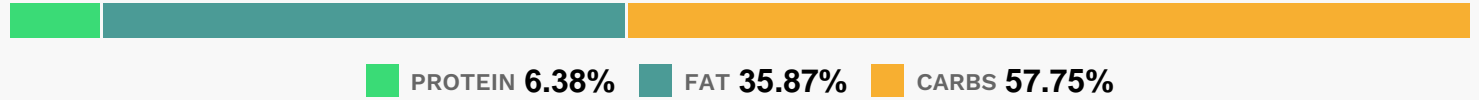
Equipment

- blender

Directions

- Combine chocolate ice cream, brewed coffee, and ice cream topping in container of an electric blender; cover and process until smooth, stopping once to scrape down sides.
- Add club soda, stirring gently to blend.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:1.67, Inflammation Score:-1, Nutrition Score:1.0143478282768%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.01mg, Myricetin:
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:
0.01mg

Nutrients (% of daily need)

Calories: 43.58kcal (2.18%), Fat: 1.79g (2.75%), Saturated Fat: 1.03g (6.44%), Carbohydrates: 6.48g (2.16%), Net Carbohydrates: 6.2g (2.25%), Sugar: 4.8g (5.33%), Cholesterol: 4.26mg (1.42%), Sodium: 27.84mg (1.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.59mg (3.2%), Protein: 0.72g (1.43%), Vitamin B2: 0.05mg (2.66%), Manganese: 0.04mg (2.01%), Phosphorus: 18.52mg (1.85%), Copper: 0.03mg (1.71%), Calcium: 16.63mg (1.66%), Magnesium: 6.61mg (1.65%), Potassium: 55.34mg (1.58%), Vitamin B5: 0.13mg (1.31%), Fiber: 0.28g (1.13%), Vitamin E: 0.16mg (1.1%), Vitamin A: 51.58IU (1.03%)