

Coco Cola



Vegetarian



Gluten Free



Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



56 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 cup powdered milk
- 1.7 cups coconut water
- 2 tablespoons sugar
- 1 teaspoon xanthan gum

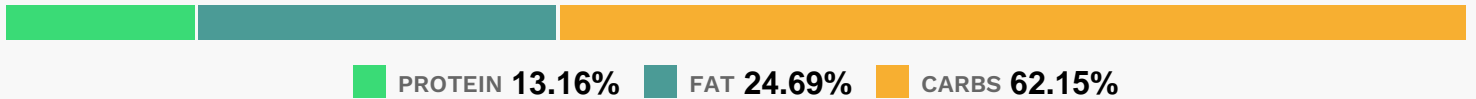
Equipment

- blender

Directions

- Blend together coconut water, coconut powder, sugar, and xanthan gum in a blender.
- Pour mixture into soda syphon and seal well.
- Charge syphon with seltzer charge, shaking syphon a few times. Carefully remove empty seltzer charge, then charge syphon with cream charge. Shake syphon vigorously several times, then fill Champagne flutes or other tall, skinny glasses.

Nutrition Facts



Properties

Glycemic Index:28.35, Glycemic Load:4.67, Inflammation Score:-1, Nutrition Score:2.7739130414051%

Nutrients (% of daily need)

Calories: 56.19kcal (2.81%), Fat: 1.57g (2.42%), Saturated Fat: 1.01g (6.3%), Carbohydrates: 8.89g (2.96%), Net Carbohydrates: 7.77g (2.83%), Sugar: 7.78g (8.64%), Cholesterol: 5.17mg (1.72%), Sodium: 104.27mg (4.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.77%), Potassium: 239.29mg (6.84%), Calcium: 64.68mg (6.47%), Vitamin B2: 0.1mg (6.04%), Phosphorus: 56.05mg (5.61%), Magnesium: 21.2mg (5.3%), Manganese: 0.1mg (4.85%), Fiber: 1.12g (4.47%), Vitamin D: 0.56µg (3.73%), Vitamin B12: 0.17µg (2.89%), Vitamin C: 2.06mg (2.5%), Vitamin B1: 0.04mg (2.34%), Selenium: 1.56µg (2.23%), Vitamin B6: 0.04mg (1.87%), Zinc: 0.25mg (1.63%), Copper: 0.03mg (1.56%), Vitamin B5: 0.15mg (1.5%), Iron: 0.22mg (1.22%)