



Cocoa-Coconut Coffee Cooler



Gluten Free



Low Fod Map

READY IN



75 min.

SERVINGS



15

CALORIES



132 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 13.5 oz coconut milk canned
- ☐ 0.3 teaspoon coconut extract
- ☐ 2 cups half-and-half
- ☐ 4 cups strong chicory coffee hot brewed
- ☐ 0.5 cup sugar
- ☐ 0.3 cup cocoa unsweetened
- ☐ 2 teaspoons vanilla extract

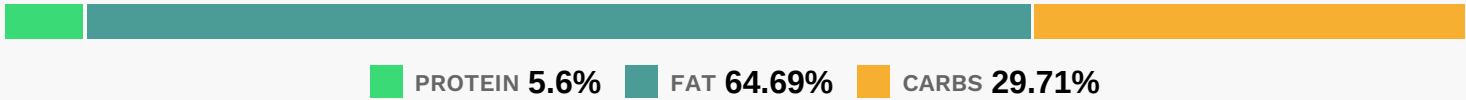
Equipment

whisk

Directions

- Whisk together hot coffee, sugar, and cocoa in a large pitcher until cocoa and sugar dissolve.
- Whisk in half-and-half, coconut milk, vanilla, and coconut extract until blended. Chill 1 to 24 hours. Stir just before serving over ice.

Nutrition Facts



Properties

Glycemic Index:4.67, Glycemic Load:4.65, Inflammation Score:-2, Nutrition Score:3.4778260899627%

Flavonoids

Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 132.29kcal (6.61%), Fat: 10.01g (15.41%), Saturated Fat: 7.77g (48.56%), Carbohydrates: 10.35g (3.45%), Net Carbohydrates: 9.26g (3.37%), Sugar: 8.94g (9.93%), Cholesterol: 11.29mg (3.76%), Sodium: 25.2mg (1.1%), Alcohol: 0.21g (100%), Alcohol %: 0.21% (100%), Caffeine: 28.58mg (9.53%), Protein: 1.95g (3.9%), Manganese: 0.31mg (15.26%), Phosphorus: 68.62mg (6.86%), Vitamin B2: 0.12mg (6.82%), Copper: 0.13mg (6.36%), Magnesium: 21.79mg (5.45%), Potassium: 163.49mg (4.67%), Fiber: 1.09g (4.37%), Calcium: 41.84mg (4.18%), Selenium: 2.86µg (4.08%), Iron: 0.64mg (3.58%), Vitamin B5: 0.3mg (3.04%), Zinc: 0.41mg (2.72%), Vitamin A: 114.22IU (2.28%), Vitamin B3: 0.38mg (1.92%), Vitamin B1: 0.03mg (1.76%), Folate: 6.77µg (1.69%), Vitamin B6: 0.03mg (1.35%), Vitamin C: 1mg (1.22%), Vitamin B12: 0.06µg (1.02%)