



## Cocoa Java

 Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



11 kcal

SIDE DISH

## Ingredients

- 1.5 cups freshly maxwell house coffee hot brewed
- 2 env. cocoa mix hot instant
- 0.3 cup cool whip whipped topping thawed

## Equipment

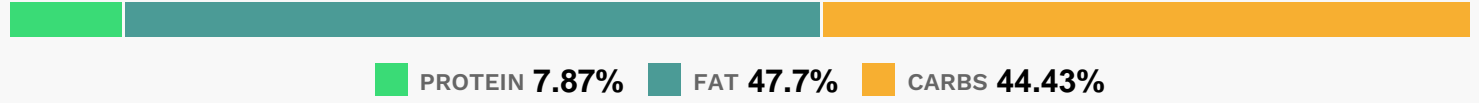
## Directions

- Empty cocoa mix into 2 large mugs or cups.

Add coffee; stir until mix is dissolved.

Top with COOL WHIP.

## Nutrition Facts



### Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.50217391550541%

### Flavonoids

Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg  
Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Myricetin: 0.04mg,  
Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin:  
0.04mg, Quercetin: 0.04mg

### Nutrients (% of daily need)

Calories: 10.71kcal (0.54%), Fat: 0.57g (0.87%), Saturated Fat: 0.47g (2.91%), Carbohydrates: 1.18g (0.4%), Net  
Carbohydrates: 1.17g (0.43%), Sugar: 1.13g (1.25%), Cholesterol: 0.08mg (0.03%), Sodium: 7.52mg (0.33%), Alcohol:  
0g (100%), Alcohol %: 0% (100%), Caffeine: 28.44mg (9.48%), Protein: 0.21g (0.42%), Vitamin B2: 0.06mg (3.38%),  
Vitamin B5: 0.18mg (1.81%), Potassium: 38.63mg (1.1%)