Coffee-Caramel Freeze

Gluten Free

READY IN	SERVINGS	CALORIES
45 min.	2	306 kcal

SIDE DISH

Ingredients

- [ ] 3 tablespoons mrs richardson's butterscotch caramel sauce
- [ ] 1 cup coffee ice cream
- [ ] 0.3 cup strong coffee decoction instant boiling cold

Equipment

- [ ] blender

Directions

- [ ] In a blender, combine 1 cup coffee ice cream; 1/4 cup cold espresso (dissolve 2 tablespoons instant espresso powder in 1/4 cup boiling water; let cool) or strong coffee; 3 tablespoons caramel sauce; and 1 cup crushed ice. Whril until smooth and pour into a chilled tall galss (at least 16 oz.) or two chilled glasses (8 oz. each).

Nutrition Facts

PROTEIN **8.06%** FAT **21.39%** CARBS **70.55%**

Properties

Glycemic Index:30.5, Glycemic Load:9.22, Inflammation Score:-5, Nutrition Score:9.5356522461642%

Nutrients (% of daily need)

Calories: 305.81kcal (15.29%), Fat: 7.41g (11.4%), Saturated Fat: 4.54g (28.37%), Carbohydrates: 54.97g (18.32%), Net Carbohydrates: 54.51g (19.82%), Sugar: 31.09g (34.55%), Cholesterol: 29.04mg (9.68%), Sodium: 166.04mg (7.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 928.61mg (309.54%), Protein: 6.28g (12.56%), Vitamin B3: 8.42mg (42.08%), Potassium: 1198.04mg (34.23%), Magnesium: 107.45mg (26.86%), Manganese: 0.53mg (26.33%), Phosphorus: 170.61mg (17.06%), Calcium: 140.88mg (14.09%), Vitamin B2: 0.18mg (10.6%), Selenium: 5.3µg (7.58%), Iron: 1.36mg (7.58%), Vitamin A: 304.86IU (6.1%), Vitamin B12: 0.31µg (5.19%), Vitamin B5: 0.46mg (4.6%), Zinc: 0.56mg (3.73%), Copper: 0.06mg (2.81%), Vitamin B6: 0.04mg (2.01%), Vitamin B1: 0.03mg (1.96%), Fiber: 0.46g (1.85%), Vitamin E: 0.21mg (1.42%)