

Coffee Frappe



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



1

CALORIES



500 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 serving milk chocolate shavings
- ☐ 1 serving cinnamon
- ☐ 2 shots rum / brandy / coffee liqueur
- ☐ 2 tablespoons granulated sugar
- ☐ 3 cups ice cubes
- ☐ 1 cup strong coffee decoction cold
- ☐ 2 tablespoons vanilla syrup
- ☐ 1 serving whipped cream

Equipment

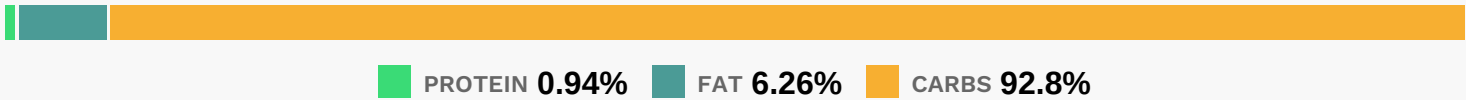
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blender

Directions

- ☐ Add all ingredients to a blender and blend until smooth.
- ☐ Pour into a large, tall glass.
- ☐ Garnish with a dollop of whipped cream and desired amounts of cinnamon and chocolate.

Nutrition Facts



Properties

Glycemic Index:130.09, Glycemic Load:17.19, Inflammation Score:-3, Nutrition Score:3.8160869194114%

Flavonoids

Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg
Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Myricetin: 0.12mg,
Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg,
Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 500.11kcal (25.01%), Fat: 2.15g (3.3%), Saturated Fat: 1.15g (7.21%), Carbohydrates: 71.6g (23.87%), Net
Carbohydrates: 70.46g (25.62%), Sugar: 69.65g (77.39%), Cholesterol: 4.62mg (1.54%), Sodium: 50.69mg (2.2%),
Alcohol: 28.2g (100%), Alcohol %: 3.27% (100%), Caffeine: 95.66mg (31.89%), Protein: 0.72g (1.44%), Manganese:
0.48mg (23.89%), Vitamin B2: 0.21mg (12.62%), Copper: 0.16mg (7.93%), Vitamin B5: 0.64mg (6.4%), Calcium:
55.85mg (5.59%), Magnesium: 20.95mg (5.24%), Potassium: 178.2mg (5.09%), Fiber: 1.14g (4.57%), Vitamin B3:
0.6mg (3.01%), Vitamin B1: 0.04mg (2.6%), Phosphorus: 17.89mg (1.79%), Iron: 0.3mg (1.66%), Zinc: 0.23mg (1.56%),
Folate: 5.04µg (1.26%)