



Coffee Ice Milk

 Gluten Free

READY IN



45 min.

SERVINGS



14

CALORIES



56 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 ounce egg substitute
- ☐ 4 teaspoons coffee instant
- ☐ 0.5 cup milk 2% low-fat
- ☐ 0.1 teaspoon salt
- ☐ 1 cup skim milk
- ☐ 0.8 cup sugar
- ☐ 2 cups water boiling

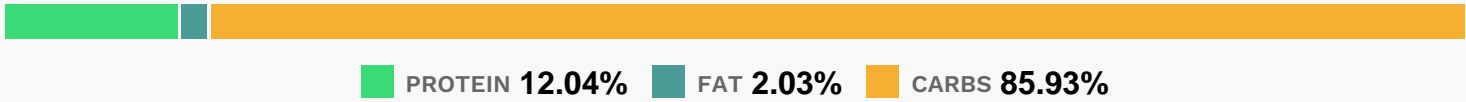
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Combine boiling water and coffee granules; stir well. Cover and chill.
- ☐ Combine sugar, salt, and egg substitute in a bowl; beat at medium speed of a mixer 3 minutes or until sugar is dissolved.
- ☐ Add coffee; beat 2 minutes.
- ☐ Add milks; beat well.
- ☐ Pour mixture into the freezer can of a 2-quart ice-cream freezer; freeze according to manufacturer's instructions. Spoon into a freezer-safe container; cover and freeze for at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:7.76, Inflammation Score:-1, Nutrition Score:1.6573913013967%

Nutrients (% of daily need)

Calories: 55.72kcal (2.79%), Fat: 0.13g (0.2%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 12.34g (4.11%), Net Carbohydrates: 12.34g (4.49%), Sugar: 12.16g (13.51%), Cholesterol: 0.95mg (0.32%), Sodium: 49.25mg (2.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.97mg (2.99%), Protein: 1.73g (3.46%), Selenium: 3.97µg (5.68%), Calcium: 41.17mg (4.12%), Vitamin B2: 0.07mg (4.01%), Phosphorus: 34.1mg (3.41%), Vitamin B12: 0.18µg (3.01%), Vitamin D: 0.41µg (2.77%), Vitamin B5: 0.23mg (2.28%), Potassium: 70.21mg (2.01%), Vitamin B1: 0.02mg (1.62%), Vitamin A: 70.44IU (1.41%), Magnesium: 5.6mg (1.4%), Zinc: 0.2mg (1.33%), Vitamin B6: 0.03mg (1.3%)