

Coffee Smoother

 **Gluten Free**

READY IN



10 min.

SERVINGS



1

CALORIES



200 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup ice-cream chocolate shell
- 1 tablespoon cinnamon
- 0.5 cup hot-brewed coffee
- 0.3 cup ice cubes
- 0.3 cup milk

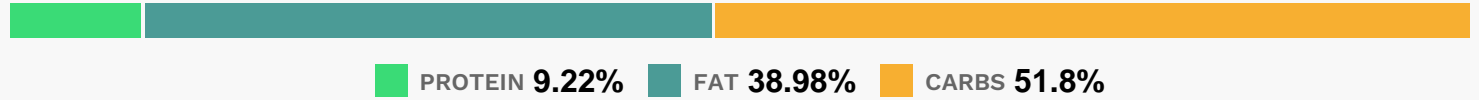
Equipment

- bowl
- blender

Directions

Place the coffee, milk, ice cream, cinnamon, and ice cubes in the bowl of a blender; puree until smooth.

Nutrition Facts



Properties

Glycemic Index:93, Glycemic Load:10.1, Inflammation Score:-4, Nutrition Score:10.743478212668%

Flavonoids

Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg
Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Myricetin: 0.06mg,
Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin:
0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 200.1kcal (10.01%), Fat: 9.33g (14.36%), Saturated Fat: 5.65g (35.33%), Carbohydrates: 27.91g (9.3%), Net Carbohydrates: 22.87g (8.32%), Sugar: 19.87g (22.08%), Cholesterol: 29.76mg (9.92%), Sodium: 79.47mg (3.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 49.38mg (16.46%), Protein: 4.97g (9.94%), Manganese: 1.52mg (75.97%), Calcium: 231.27mg (23.13%), Fiber: 5.04g (20.16%), Vitamin B2: 0.31mg (17.97%), Phosphorus: 140.9mg (14.09%), Potassium: 348.39mg (9.95%), Vitamin B5: 0.92mg (9.23%), Magnesium: 35.41mg (8.85%), Vitamin B12: 0.52µg (8.68%), Vitamin A: 396.98IU (7.94%), Iron: 1.29mg (7.17%), Copper: 0.13mg (6.43%), Zinc: 0.81mg (5.39%), Vitamin D: 0.8µg (5.35%), Vitamin B1: 0.08mg (5.35%), Vitamin B6: 0.09mg (4.37%), Selenium: 3.06µg (4.37%), Folate: 13.41µg (3.35%), Vitamin K: 3µg (2.85%), Vitamin E: 0.43mg (2.84%), Vitamin B3: 0.55mg (2.73%)