



## Coffee Soda



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



7

CALORIES



146 kcal

BEVERAGE

DRINK

## Ingredients

- ☐ 14 ounce club soda chilled
- ☐ 3 cups hot-brewed coffee cold brewed
- ☐ 7 servings ground cinnamon
- ☐ 1 pint whipped cream softened

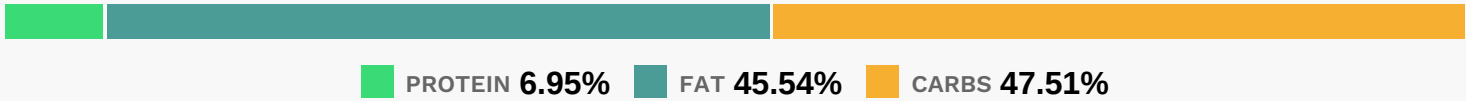
## Equipment

- ☐ bowl

# Directions

- ☐ Combine coffee and chilled club soda in a large pitcher or bowl; stir in ice cream, and sprinkle with desired amount of cinnamon.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:9.43, Glycemic Load:9.47, Inflammation Score:-2, Nutrition Score:4.5139130587163%

## Flavonoids

Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg  
Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Myricetin: 0.05mg,  
Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin:  
0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 145.88kcal (7.29%), Fat: 7.48g (11.51%), Saturated Fat: 4.6g (28.74%), Carbohydrates: 17.56g (5.85%), Net  
Carbohydrates: 16.03g (5.83%), Sugar: 14.37g (15.97%), Cholesterol: 29.74mg (9.91%), Sodium: 68.22mg (2.97%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 40.63mg (13.54%), Protein: 2.57g (5.14%), Manganese: 0.38mg  
(18.93%), Vitamin B2: 0.24mg (14.13%), Calcium: 111.43mg (11.14%), Phosphorus: 75.3mg (7.53%), Vitamin B5: 0.66mg  
(6.58%), Fiber: 1.54g (6.14%), Vitamin A: 290.48IU (5.81%), Potassium: 194.04mg (5.54%), Vitamin B12: 0.26µg  
(4.39%), Zinc: 0.58mg (3.87%), Magnesium: 14.28mg (3.57%), Vitamin B1: 0.04mg (2.82%), Vitamin B6: 0.04mg  
(1.83%), Selenium: 1.28µg (1.83%), Vitamin E: 0.26mg (1.73%), Vitamin B3: 0.3mg (1.5%), Copper: 0.03mg (1.39%),  
Folate: 5.53µg (1.38%), Iron: 0.24mg (1.35%)