



Coffee Syrup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



198 kcal

BEVERAGE

DRINK

Ingredients

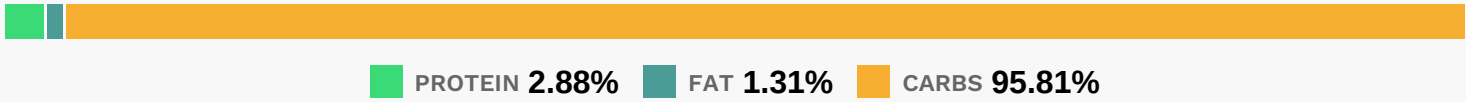
- ☐ 0.3 cup chocolate syrup
- ☐ 0.3 cup coffee instant
- ☐ 1 cup sugar
- ☐ 0.5 cup water

Equipment

Directions

- ☐
- Bring water to a boil; add sugar and coffee granules, stirring until dissolved. Stir in chocolate syrup. Store in refrigerator.
- ☐
- Ice Cream Sundae: Half 1 banana; top with 2 scoops vanilla ice cream.
- ☐
- Combine 3 tablespooons Coffee Syrup and 1 teaspoon orange liqueur; drizzle over ice cream. Top with whipped cream and chopped almonds.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:23.27, Inflammation Score:-1, Nutrition Score:2.9013043751373%

Nutrients (% of daily need)

Calories: 198.01kcal (9.9%), Fat: 0.3g (0.46%), Saturated Fat: 0.08g (0.53%), Carbohydrates: 48.77g (16.26%), Net Carbohydrates: 48.45g (17.62%), Sugar: 39.47g (43.86%), Cholesterol: 0mg (0%), Sodium: 13.97mg (0.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 310.29mg (103.43%), Protein: 1.47g (2.93%), Vitamin B3: 2.82mg (14.1%), Manganese: 0.22mg (10.89%), Potassium: 377.63mg (10.79%), Magnesium: 40.56mg (10.14%), Phosphorus: 45.99mg (4.6%), Copper: 0.08mg (4.16%), Iron: 0.72mg (3.97%), Selenium: 1.62µg (2.31%), Calcium: 16.57mg (1.66%), Fiber: 0.32g (1.3%), Vitamin B2: 0.02mg (1.17%)