

Coffee Whirl



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



137 kcal

BEVERAGE

DRINK

Ingredients



2 tablespoons strong coffee decoction cold brewed



0.3 teaspoon cocoa powder unsweetened



1 scoop whipped cream

Equipment

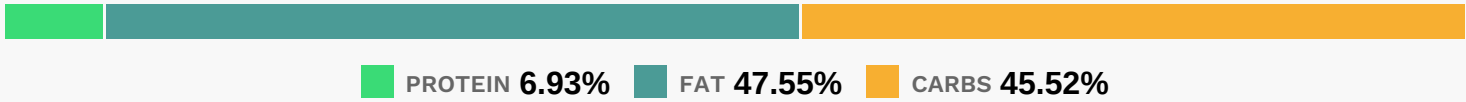


blender

Directions

- ☐
- In a blender, combine ice cream, coffee and cocoa. Blend until smooth.
- ☐
- Pour into glasses and serve.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:9.22, Inflammation Score:-2, Nutrition Score:2.8834782761076%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 137.49kcal (6.87%), Fat: 7.3g (11.23%), Saturated Fat: 4.5g (28.14%), Carbohydrates: 15.72g (5.24%), Net Carbohydrates: 15.17g (5.51%), Sugar: 14g (15.55%), Cholesterol: 29.04mg (9.68%), Sodium: 53.44mg (2.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.4mg (4.13%), Protein: 2.39g (4.79%), Vitamin B2: 0.18mg (10.68%), Calcium: 85.39mg (8.54%), Phosphorus: 72.02mg (7.2%), Vitamin A: 277.86IU (5.56%), Vitamin B5: 0.46mg (4.59%), Vitamin B12: 0.26µg (4.29%), Potassium: 149.63mg (4.28%), Zinc: 0.48mg (3.19%), Magnesium: 11.37mg (2.84%), Fiber: 0.55g (2.22%), Vitamin B1: 0.03mg (2.09%), Selenium: 1.22µg (1.75%), Vitamin B6: 0.03mg (1.61%), Vitamin E: 0.2mg (1.34%), Copper: 0.03mg (1.26%), Manganese: 0.02mg (1.08%)