



Creamy Chocolate Coffee

READY IN



45 min.

SERVINGS



4

CALORIES



211 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 cappuccino crunch biscotti fat-free (such as BP Gourmet Cookies)
- ☐ 6 tablespoons chocolate-flavored condensed milk sweetened
- ☐ 1 tablespoon chocolate syrup
- ☐ 6 tablespoons vanilla coffee fat-free french sugar-free instant (such as International Coffees)
- ☐ 4 cups water boiling
- ☐ 0.8 cup non-dairy whipped topping frozen divided thawed reduced-calorie

Equipment

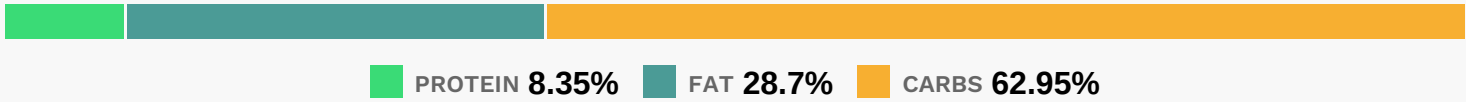
- ☐ food processor

☐ bowl

Directions

- ☐ Place biscotti in a food processor; process until coarsely ground.
- ☐ Place crumbs in a bowl; set aside.
- ☐ Place chocolate syrup in a bowl; dip rims of 4 coffee mugs in syrup, and then in biscotti crumbs to coat rims; set mugs aside.
- ☐ Add water, coffee, condensed milk, and 1/2 cup whipped topping to chocolate syrup; stir well.
- ☐ Pour into prepared coffee mugs; top each with 1 tablespoon whipped topping.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:9.96, Inflammation Score:-1, Nutrition Score:3.0665217495483%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.01mg, Myricetin:
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:
0.01mg

Nutrients (% of daily need)

Calories: 211.27kcal (10.56%), Fat: 6.82g (10.49%), Saturated Fat: 4.03g (25.2%), Carbohydrates: 33.66g (11.22%),
Net Carbohydrates: 33.53g (12.19%), Sugar: 27.51g (30.56%), Cholesterol: 25.93mg (8.64%), Sodium: 114.05mg
(4.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 9.17mg (3.06%), Protein: 4.47g (8.93%), Calcium:
103.43mg (10.34%), Phosphorus: 93.42mg (9.34%), Vitamin B2: 0.16mg (9.22%), Selenium: 4.85µg (6.93%),
Potassium: 147.57mg (4.22%), Magnesium: 15.07mg (3.77%), Copper: 0.07mg (3.49%), Vitamin A: 165.51IU (3.31%),
Vitamin B5: 0.28mg (2.82%), Vitamin B12: 0.16µg (2.67%), Iron: 0.45mg (2.49%), Zinc: 0.36mg (2.4%), Vitamin B1:
0.03mg (2.22%), Manganese: 0.03mg (1.3%), Folate: 4.27µg (1.07%)