



Creamy Mocha Latte

READY IN



10 min.

SERVINGS



10

CALORIES



281 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 pint coffee ice cream softened
- ☐ 0.5 cup cappuccino drink mix instant
- ☐ 2 cups milk
- ☐ 14 oz condensed milk sweetened canned
- ☐ 0.8 cup water hot

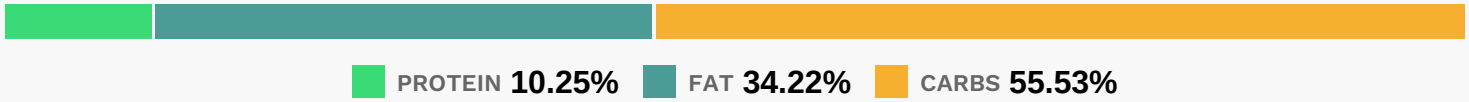
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Stir together 3/4 cup hot water and 1/2 cup cappuccino drink mix in a bowl.
- ☐ Pour into ice cube trays, and freeze 2 hours.
- ☐ Process half each of milk, sweetened condensed milk, ice cream, and cappuccino ice cubes in a blender until smooth, stopping to scrape down sides. Repeat procedure with remaining half of ingredients, and serve immediately.
- ☐ Note: For testing purposes only, we used General Foods International Coffees Italian Cappuccino mix.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:20.65, Inflammation Score:-3, Nutrition Score:7.2273912818536%

Nutrients (% of daily need)

Calories: 281.38kcal (14.07%), Fat: 10.81g (16.64%), Saturated Fat: 6.6g (41.23%), Carbohydrates: 39.49g (13.16%), Net Carbohydrates: 39.15g (14.24%), Sugar: 36.95g (41.05%), Cholesterol: 41.67mg (13.89%), Sodium: 133mg (5.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.29g (14.58%), Calcium: 252.47mg (25.25%), Vitamin B2: 0.4mg (23.74%), Phosphorus: 221.76mg (22.18%), Selenium: 8.68µg (12.4%), Vitamin B12: 0.67µg (11.21%), Potassium: 361.98mg (10.34%), Vitamin A: 398.23IU (7.96%), Vitamin B5: 0.79mg (7.94%), Vitamin B1: 0.11mg (7.6%), Magnesium: 28.79mg (7.2%), Zinc: 0.96mg (6.42%), Vitamin B6: 0.1mg (4.92%), Vitamin D: 0.71µg (4.74%), Vitamin B3: 0.52mg (2.59%), Folate: 9.61µg (2.4%), Vitamin C: 1.5mg (1.81%), Vitamin E: 0.25mg (1.68%), Copper: 0.03mg (1.63%), Fiber: 0.34g (1.35%), Manganese: 0.02mg (1.15%)