



Easy Iced Cappuccino



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



1

CALORIES



115 kcal

BEVERAGE

DRINK

Ingredients

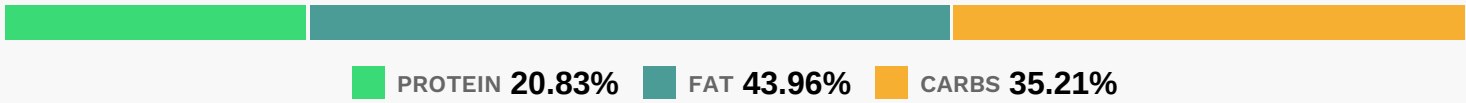
- ☐ 2 teaspoons coffee granules instant
- ☐ 6 fluid ounces milk cold
- ☐ 1 teaspoon splenda® no calorie sweetener
- ☐ 3 tablespoons warm water

Equipment

Directions

- ☐ In sealable jar, combine instant coffee, SPLENDA® Granulated Sweetener, and warm water. Cover the jar and shake until it is foamy.
- ☐ Pour into a glass full of ice. Fill the glass with milk. Adjust to taste if necessary.

Nutrition Facts



Properties

Glycemic Index:88, Glycemic Load:3.38, Inflammation Score:-3, Nutrition Score:6.2408695920654%

Nutrients (% of daily need)

Calories: 115.19kcal (5.76%), Fat: 5.69g (8.75%), Saturated Fat: 3.3g (20.65%), Carbohydrates: 10.25g (3.42%), Net Carbohydrates: 10.25g (3.73%), Sugar: 8.94g (9.93%), Cholesterol: 21.29mg (7.1%), Sodium: 70.41mg (3.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 62.8mg (20.93%), Protein: 6.06g (12.13%), Calcium: 222.4mg (22.24%), Phosphorus: 185.25mg (18.53%), Vitamin B12: 0.96µg (15.97%), Vitamin B2: 0.25mg (14.49%), Vitamin D: 1.95µg (13.01%), Potassium: 336.95mg (9.63%), Magnesium: 28.28mg (7.07%), Vitamin B5: 0.66mg (6.64%), Vitamin B1: 0.1mg (6.63%), Vitamin A: 287.42IU (5.75%), Vitamin B6: 0.11mg (5.44%), Selenium: 3.62µg (5.18%), Zinc: 0.74mg (4.93%), Vitamin B3: 0.75mg (3.75%), Manganese: 0.04mg (2.07%)