

Easy Iced Coffee

 Vegetarian  Gluten Free  Popular

READY IN



10 min.

SERVINGS



1

CALORIES



129 kcal

BEVERAGE

DRINK

Ingredients

- 2 teaspoons coffee granules instant
- 6 fluid ounces milk cold
- 1 teaspoon sugar
- 3 tablespoons warm water

Equipment

Directions

In sealable jar, combine instant coffee, sugar 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

PROTEIN 18.56% **FAT 39.26%** **CARBS 42.18%**

Properties

Glycemic Index:108.09, Glycemic Load:5.94, Inflammation Score:-3, Nutrition Score:6.2447826447694%

Nutrients (% of daily need)

Calories: 128.91kcal (6.45%), Fat: 5.7g (8.77%), Saturated Fat: 3.3g (20.65%), Carbohydrates: 13.78g (4.59%), Net Carbohydrates: 13.78g (5.01%), Sugar: 12.53g (13.92%), Cholesterol: 21.29mg (7.1%), Sodium: 70.45mg (3.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 62.8mg (20.93%), Protein: 6.06g (12.13%), Calcium: 222.44mg (22.24%), Phosphorus: 185.25mg (18.53%), Vitamin B12: 0.96µg (15.97%), Vitamin B2: 0.25mg (14.53%), Vitamin D: 1.95µg (13.01%), Potassium: 337.01mg (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: 3.65µg (5.21%), Zinc: 0.74mg (4.93%), Vitamin B3: 0.75mg (3.75%), Manganese: 0.04mg (2.07%)