

Easy Mocha Coffee

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



1

CALORIES



42 kcal

BEVERAGE

DRINK

Ingredients

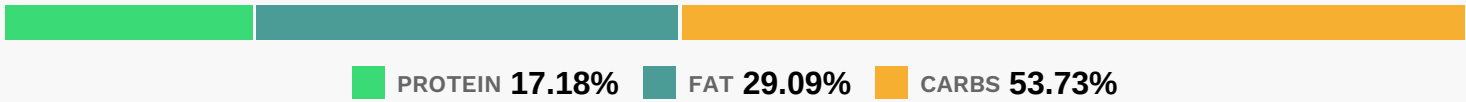
- ☐ 1 cup hot-brewed coffee hot brewed
- ☐ 2 tablespoons milk
- ☐ 1 tablespoon splenda® no calorie sweetener
- ☐ 1 tablespoon cocoa powder unsweetened

Equipment

Directions

Pour hot coffee into a mug. Stir in cocoa, SLENDA® Granulated Sweetener, and milk.

Nutrition Facts



Properties

Glycemic Index:88, Glycemic Load:1.9, Inflammation Score:-2, Nutrition Score:4.5095652121565%

Flavonoids

Catechin: 3.24mg, Catechin: 3.24mg, Catechin: 3.24mg, Catechin: 3.24mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 9.92mg, Epicatechin: 9.92mg, Epicatechin: 9.92mg, Epicatechin: 9.92mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 41.85kcal (2.09%), Fat: 1.69g (2.6%), Saturated Fat: 0.97g (6.04%), Carbohydrates: 7.03g (2.34%), Net Carbohydrates: 5.18g (1.88%), Sugar: 3.94g (4.38%), Cholesterol: 3.6mg (1.2%), Sodium: 17.19mg (0.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 106.3mg (35.43%), Protein: 2.25g (4.5%), Vitamin B2: 0.23mg (13.74%), Manganese: 0.25mg (12.38%), Copper: 0.19mg (9.73%), Magnesium: 35.66mg (8.91%), Phosphorus: 74.11mg (7.41%), Fiber: 1.85g (7.4%), Vitamin B5: 0.73mg (7.27%), Potassium: 237.25mg (6.78%), Calcium: 48.04mg (4.8%), Iron: 0.72mg (3.99%), Vitamin B1: 0.05mg (3.59%), Zinc: 0.51mg (3.41%), Vitamin B3: 0.59mg (2.97%), Vitamin B12: 0.16µg (2.7%), Vitamin D: 0.33µg (2.2%), Selenium: 1.28µg (1.84%), Folate: 6.34µg (1.58%), Vitamin B6: 0.03mg (1.33%)