



Espresso Soy Milk Shake

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



291 kcal

DESSERT

BEVERAGE

DRINK

Ingredients

- ☐ 2 tablespoons chocolate syrup fat-free
- ☐ 2.1 teaspoons coffee instant divided
- ☐ 0.5 cup soymilk plain low-fat
- ☐ 1.5 cups whipped cream (such as Soy Dreams)

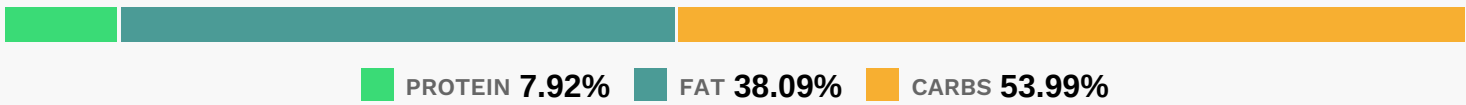
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Combine syrup and 1/8 teaspoon espresso granules in a small bowl, stirring well. Using a spoon, drizzle half of syrup mixture around the inside rim of 2 small narrow glasses.
- ☐ Combine remaining 2 teaspoons espresso granules, ice cream, and milk in a blender; process until smooth.
- ☐ Pour 1 cup ice cream mixture into each glass.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:47.21, Glycemic Load:14.43, Inflammation Score:-5, Nutrition Score:8.8760869567809%

Nutrients (% of daily need)

Calories: 291.03kcal (14.55%), Fat: 12.3g (18.92%), Saturated Fat: 6.95g (43.43%), Carbohydrates: 39.22g (13.07%), Net Carbohydrates: 37.77g (13.74%), Sugar: 32.41g (36.01%), Cholesterol: 43.56mg (14.52%), Sodium: 123.49mg (5.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 34.56mg (11.52%), Protein: 5.75g (11.5%), Vitamin B2: 0.37mg (21.52%), Calcium: 213.62mg (21.36%), Vitamin B12: 1.02µg (17.05%), Phosphorus: 132.97mg (13.3%), Vitamin A: 648.66IU (12.97%), Vitamin B3: 2.42mg (12.11%), Vitamin E: 1.79mg (11.92%), Potassium: 362.61mg (10.36%), Copper: 0.2mg (9.96%), Vitamin B6: 0.19mg (9.32%), Magnesium: 30.33mg (7.58%), Zinc: 0.97mg (6.5%), Folate: 24.23µg (6.06%), Vitamin D: 0.91µg (6.04%), Vitamin C: 4.88mg (5.92%), Fiber: 1.45g (5.8%), Vitamin B5: 0.58mg (5.79%), Vitamin B1: 0.08mg (5.27%), Manganese: 0.1mg (5.13%), Selenium: 3.55µg (5.08%), Iron: 0.85mg (4.71%)