



Frosted Cappuccino



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



388 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cups espresso grounds chilled brewed (or very strong coffee)
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 cups vanilla no-added-sugar fat-free

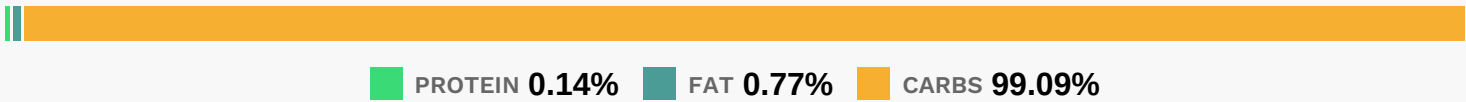
Equipment

- ☐ blender

Directions

- ☐
- Combine first 3 ingredients in a blender; process until smooth.
- ☐
- Pour into glasses.
- ☐
- Sprinkle each serving with cinnamon, if desired.
- ☐
- Serve immediately.
- ☐
- Tip: Create the sweet taste and texture of a luxuriously rich coffee beverage without the sugar and fat.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:69.81, Inflammation Score:1, Nutrition Score:0.84521739346826%

Flavonoids

Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg
Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Myricetin: 0.06mg,
Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin:
0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 387.63kcal (19.38%), Fat: 0.34g (0.53%), Saturated Fat: 0g (0.02%), Carbohydrates: 99.66g (33.22%), Net
Carbohydrates: 99.66g (36.24%), Sugar: 99.86g (110.96%), Cholesterol: 0mg (0%), Sodium: 3.41mg (0.15%),
Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Caffeine: 47.4mg (15.8%), Protein: 0.14g (0.28%), Vitamin B2: 0.11mg
(6.44%), Vitamin B5: 0.3mg (3.01%), Potassium: 60.81mg (1.74%), Manganese: 0.03mg (1.62%), Vitamin B3: 0.23mg
(1.14%), Vitamin B1: 0.02mg (1.11%)