



Frosty Cappuccino

 Vegetarian

READY IN



45 min.

SERVINGS



5

CALORIES



205 kcal

BEVERAGE

DRINK

Ingredients

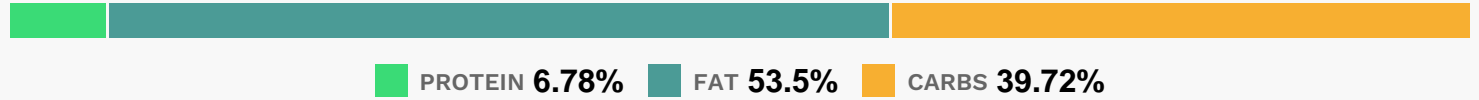
- 3 tablespoons bourbon
- 0.3 cup firmly brown sugar light packed
- 0.3 teaspoon ground cinnamon
- 0.5 cup half-and-half
- 1.5 cups half-and-half
- 2.3 cups strong coffee decoction

Equipment

Directions

- Combine first four ingredients; freeze in ice trays. Blend frozen mixture with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:3.7969565164784%

Flavonoids

Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg
Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Myricetin: 0.05mg,
Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin:
0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 204.64kcal (10.23%), Fat: 11.15g (17.16%), Saturated Fat: 6.81g (42.55%), Carbohydrates: 18.63g (6.21%), Net
Carbohydrates: 18.58g (6.76%), Sugar: 18.23g (20.25%), Cholesterol: 33.88mg (11.29%), Sodium: 65.39mg (2.84%),
Alcohol: 3.01g (100%), Alcohol %: 1.68% (100%), Caffeine: 42.66mg (14.22%), Protein: 3.18g (6.36%), Vitamin B2:
0.27mg (15.84%), Calcium: 118.88mg (11.89%), Phosphorus: 96.17mg (9.62%), Vitamin A: 342.97IU (6.86%),
Potassium: 200.15mg (5.72%), Vitamin B5: 0.57mg (5.7%), Selenium: 3.28µg (4.68%), Magnesium: 14.26mg (3.56%),
Vitamin B12: 0.18µg (3.07%), Vitamin B1: 0.04mg (2.97%), Vitamin B6: 0.06mg (2.79%), Zinc: 0.41mg (2.72%),
Manganese: 0.05mg (2.7%), Vitamin E: 0.25mg (1.7%), Vitamin B3: 0.33mg (1.64%), Vitamin K: 1.4µg (1.33%), Folate:
5.19µg (1.3%), Vitamin C: 0.88mg (1.06%)