



Frosty Cappuccino



Gluten Free



Dairy Free



Low Fod Map

READY IN



7 min.

SERVINGS



7

CALORIES



93 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 teaspoon ground cinnamon
- ☐ 3 cups strong coffee decoction chilled divided brewed
- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon cocoa powder unsweetened
- ☐ 2 cups whipped cream fat-free softened

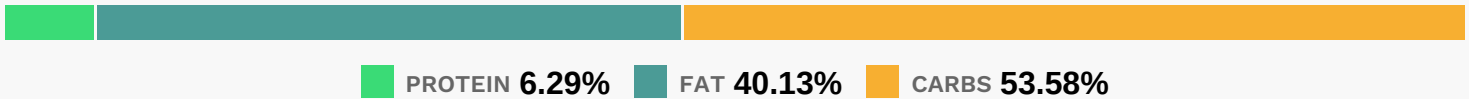
Equipment

- ☐ blender

Directions

- ☐ Combine ice cream, 1 cup coffee, and sugar in a blender. Process just until smooth. Stir in remaining 2 cups coffee.
- ☐ Serve over crushed ice in chilled glasses or mugs.
- ☐ Sprinkle evenly with cocoa and cinnamon.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:19.44, Glycemic Load:7.67, Inflammation Score:-1, Nutrition Score:2.3282608959986%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 93.32kcal (4.67%), Fat: 4.2g (6.47%), Saturated Fat: 2.58g (16.1%), Carbohydrates: 12.63g (4.21%), Net Carbohydrates: 12.16g (4.42%), Sugar: 11.43g (12.7%), Cholesterol: 16.59mg (5.53%), Sodium: 32.3mg (1.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 40.96mg (13.65%), Protein: 1.48g (2.96%), Vitamin B2: 0.17mg (9.93%), Calcium: 53.39mg (5.34%), Vitamin B5: 0.48mg (4.78%), Phosphorus: 43.88mg (4.39%), Manganese: 0.08mg (4.1%), Potassium: 128.29mg (3.67%), Vitamin A: 159.62IU (3.19%), Vitamin B12: 0.15µg (2.45%), Magnesium: 9.21mg (2.3%), Vitamin B1: 0.03mg (1.99%), Zinc: 0.3mg (1.97%), Fiber: 0.47g (1.87%), Vitamin B3: 0.24mg (1.22%), Selenium: 0.73µg (1.04%)