



Frosty Cappuccino

READY IN



45 min.

SERVINGS



7

CALORIES



135 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup bourbon
- ☐ 1 cup chocolate milk
- ☐ 0.3 teaspoon cinnamon
- ☐ 2 cups coffee-flavored ice cream
- ☐ 3.5 cups strong coffee decoction brewed

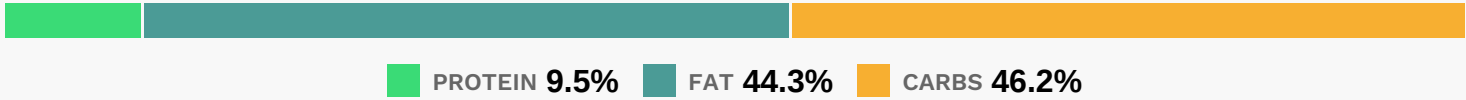
Equipment

- ☐ blender

Directions

☐ Freeze coffee in ice cube trays. Process frozen coffee with remaining ingredients in a blender until smooth.

Nutrition Facts



Properties

Glycemic Index:16.57, Glycemic Load:6.46, Inflammation Score:-2, Nutrition Score:3.5456522068252%

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: 135.47kcal (6.77%), Fat: 5.38g (8.28%), Saturated Fat: 3.31g (20.71%), Carbohydrates: 12.64g (4.21%), Net
Carbohydrates: 12.05g (4.38%), Sugar: 11.4g (12.67%), Cholesterol: 20.88mg (6.96%), Sodium: 54.09mg (2.35%),
Alcohol: 3.82g (100%), Alcohol %: 2.38% (100%), Caffeine: 47.76mg (15.92%), Protein: 2.6g (5.19%), Vitamin B2:
0.24mg (14.05%), Calcium: 91.36mg (9.14%), Phosphorus: 79.73mg (7.97%), Vitamin B5: 0.63mg (6.26%),
Potassium: 193.3mg (5.52%), Vitamin B12: 0.26µg (4.42%), Vitamin A: 193.99IU (3.88%), Manganese: 0.07mg
(3.62%), Vitamin D: 0.54µg (3.6%), Magnesium: 13.52mg (3.38%), Vitamin B1: 0.05mg (3.06%), Zinc: 0.44mg (2.91%),
Fiber: 0.59g (2.35%), Selenium: 1.36µg (1.94%), Copper: 0.04mg (1.85%), Vitamin B6: 0.03mg (1.69%), Vitamin B3:
0.32mg (1.59%), Folate: 6.05µg (1.51%), Vitamin E: 0.15mg (1.01%)