



Frosty Mocha

READY IN



10 min.

SERVINGS



4

CALORIES



145 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.5 cups milk
- ☐ 0.3 cup chocolate syrup
- ☐ 2 tablespoons liquid malt extract instant
- ☐ 2 tablespoons coffee dry instant ()
- ☐ 3.5 cups ice cubes

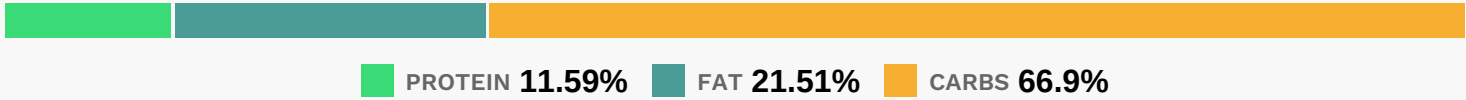
Equipment

- ☐ blender

Directions

- ☐ In blender container, place all ingredients except ice; blend until well mixed.
- ☐ Add ice cubes a few at a time, blending well after each addition until smooth.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:1.62, Inflammation Score:-3, Nutrition Score:5.354782635751%

Nutrients (% of daily need)

Calories: 145.24kcal (7.26%), Fat: 3.48g (5.36%), Saturated Fat: 1.97g (12.3%), Carbohydrates: 24.39g (8.13%), Net Carbohydrates: 23.74g (8.63%), Sugar: 18.12g (20.14%), Cholesterol: 11.64mg (3.88%), Sodium: 75.18mg (3.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 80mg (26.67%), Protein: 4.22g (8.45%), Phosphorus: 142.09mg (14.21%), Calcium: 133.98mg (13.4%), Magnesium: 40.03mg (10.01%), Vitamin B2: 0.17mg (9.76%), Potassium: 302.6mg (8.65%), Vitamin B12: 0.52µg (8.6%), Copper: 0.17mg (8.55%), Manganese: 0.15mg (7.42%), Vitamin D: 1.01µg (6.71%), Vitamin B3: 1.03mg (5.13%), Vitamin B1: 0.07mg (4.51%), Zinc: 0.61mg (4.1%), Selenium: 2.85µg (4.08%), Iron: 0.66mg (3.65%), Vitamin B5: 0.36mg (3.64%), Vitamin B6: 0.07mg (3.47%), Vitamin A: 154.39IU (3.09%), Fiber: 0.65g (2.61%)