



Frothy Chocolate Espresso Shake

 Vegetarian  Gluten Free

READY IN

ready

8 min.

SERVINGS

servings

4

CALORIES

calories

159 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup milk fat free
- ☐ 0.3 cup gourmet chocolate mix hot recommended: Marie Belle
- ☐ 2 teaspoons espresso powder instant
- ☐ 1 pint reduced fat vanilla yogurt frozen softened
- ☐ 2 teaspoons vanilla extract
- ☐ 0.5 cup water

Equipment

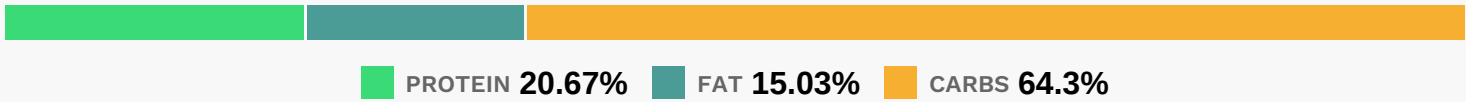
- ☐ frying pan

- ☐ sauce pan
- ☐ blender

Directions

- ☐ In a small saucepan, bring the water to a boil over medium-low heat.
- ☐ Add the hot chocolate mix and espresso powder. Stir until the chocolate is melted and the mixture is smooth.
- ☐ Remove the pan from the heat and stir in the milk.
- ☐ Place the frozen yogurt and vanilla in a blender.
- ☐ Pour the chocolate mixture into the blender and blend until smooth and frothy.
- ☐ Pour the shake into 4 (8-ounce) frosted glasses and serve immediately.

Nutrition Facts



Properties

Glycemic Index:8.31, Glycemic Load:1, Inflammation Score:-2, Nutrition Score:7.0430434951964%

Nutrients (% of daily need)

Calories: 158.9kcal (7.94%), Fat: 2.66g (4.09%), Saturated Fat: 1.73g (10.84%), Carbohydrates: 25.57g (8.52%), Net Carbohydrates: 25.27g (9.19%), Sugar: 24.17g (26.86%), Cholesterol: 7.75mg (2.58%), Sodium: 168.78mg (7.34%), Alcohol: 0.69g (100%), Alcohol %: 0.4% (100%), Caffeine: 15.7mg (5.23%), Protein: 8.22g (16.44%), Calcium: 292.44mg (29.24%), Phosphorus: 226.87mg (22.69%), Vitamin B2: 0.32mg (18.84%), Vitamin B12: 0.98µg (16.37%), Potassium: 382.01mg (10.91%), Selenium: 7.08µg (10.12%), Vitamin B5: 0.87mg (8.73%), Zinc: 1.26mg (8.43%), Magnesium: 28.45mg (7.11%), Vitamin B1: 0.08mg (5.62%), Vitamin D: 0.67µg (4.49%), Vitamin B6: 0.09mg (4.47%), Folate: 14.24µg (3.56%), Vitamin A: 176.64IU (3.53%), Vitamin B3: 0.35mg (1.74%), Iron: 0.24mg (1.35%), Fiber: 0.3g (1.2%), Copper: 0.02mg (1.17%), Vitamin C: 0.95mg (1.15%)