



Frozen Cappuccino



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



244 kcal

BEVERAGE

DRINK

Ingredients



0.3 cup ground espresso–roast coffee finely



0.5 cup ice cubes



0.8 cup vanilla nonfat yogurt frozen



1.5 tablespoons sugar



1 cup water hot

Equipment

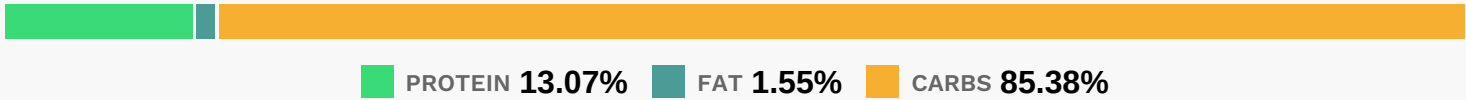


blender

Directions

- ☐ Put 1/3 cup finely ground espresso-roast coffee or other dark-roast coffee in a paper-lined coffee filter set over a mug.
- ☐ Pour 1 cup hot (19
- ☐ water into filter and let drip through. Chill until cool, about 20 minutes.
- ☐ In a blender, whirl coffee, 3/4 cup vanilla nonfat frozen yogurt, 1/2 cup ice cubes, and 1 1/2 tablespoons sugar until smoothly pureed.
- ☐ Pour into a glass.

Nutrition Facts



Properties

Glycemic Index:70.09, Glycemic Load:12.57, Inflammation Score:-1, Nutrition Score:6.709565287051%

Nutrients (% of daily need)

Calories: 243.86kcal (12.19%), Fat: 0.43g (0.65%), Saturated Fat: 0.22g (1.37%), Carbohydrates: 52.84g (17.61%), Net Carbohydrates: 52.84g (19.21%), Sugar: 52.88g (58.75%), Cholesterol: 3.67mg (1.23%), Sodium: 124.5mg (5.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 42.9mg (14.3%), Protein: 8.09g (16.17%), Calcium: 290.13mg (29.01%), Phosphorus: 218.66mg (21.87%), Vitamin B2: 0.33mg (19.66%), Selenium: 11.13µg (15.9%), Vitamin B12: 0.86µg (14.39%), Potassium: 356.83mg (10.2%), Zinc: 1.4mg (9.31%), Magnesium: 31.11mg (7.78%), Vitamin B1: 0.07mg (4.9%), Folate: 16.54µg (4.13%), Copper: 0.08mg (3.91%), Vitamin B6: 0.07mg (3.67%), Manganese: 0.06mg (3.25%), Vitamin K: 2.02µg (1.92%), Vitamin C: 1.29mg (1.56%)