



Healthified Mocha Freeze



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



3

CALORIES



129 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup skim milk fat-free (skim)
- ☐ 6 tablespoons cool whip fat-free
- ☐ 1 cup ice cubes
- ☐ 2 tablespoons chocolate milk instant
- ☐ 1 cup vanilla ice cream reduced-fat
- ☐ 1 cup strong coffee decoction cold brewed
- ☐ 0.3 teaspoon vanilla

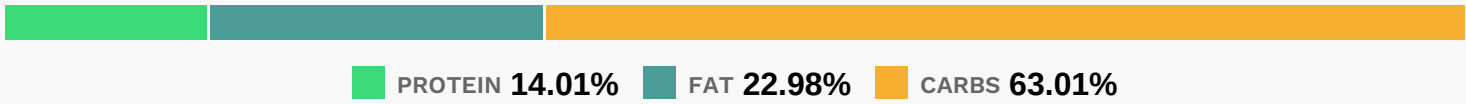
Equipment

☐ blender

Directions

- ☐ In blender, place coffee and ice cubes. Cover; blend on high speed 10 to 20 seconds or until mixture is slushy.
- ☐ Add ice cream, milk, 2 tablespoons instant chocolate milk mix and vanilla. Cover; blend on high speed 20 to 30 seconds longer or until well blended. Sweeten to taste with sugar or sugar substitute.
- ☐ Pour into 3 glasses. Top each with whipped topping; sprinkle with instant chocolate milk mix.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:6.32, Inflammation Score:-3, Nutrition Score:4.8234782840895%

Flavonoids

Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg
Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Myricetin: 0.04mg,
Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin:
0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 128.54kcal (6.43%), Fat: 3.28g (5.05%), Saturated Fat: 1.97g (12.34%), Carbohydrates: 20.27g (6.76%), Net Carbohydrates: 20g (7.27%), Sugar: 15.7g (17.44%), Cholesterol: 17.55mg (5.85%), Sodium: 72.27mg (3.14%), Alcohol: 0.11g (100%), Alcohol %: 0.05% (100%), Caffeine: 31.7mg (10.57%), Protein: 4.5g (9.01%), Vitamin B2: 0.31mg (18.53%), Calcium: 160.38mg (16.04%), Phosphorus: 114.49mg (11.45%), Vitamin B12: 0.64µg (10.69%), Potassium: 239.2mg (6.83%), Vitamin A: 335.84IU (6.72%), Vitamin B5: 0.62mg (6.2%), Vitamin B1: 0.08mg (5.19%), Zinc: 0.65mg (4.31%), Magnesium: 17.21mg (4.3%), Vitamin D: 0.63µg (4.2%), Selenium: 2.29µg (3.27%), Vitamin B6: 0.06mg (3.12%), Folate: 7.47µg (1.87%), Copper: 0.03mg (1.6%), Vitamin B3: 0.31mg (1.57%), Manganese: 0.03mg (1.52%), Fiber: 0.27g (1.07%)