

Iced Cappuccino

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



403 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup cocoa powder
- ☐ 1 cup granulated sugar
- ☐ 8 servings ground cinnamon
- ☐ 0.5 cup coffee instant
- ☐ 6 cups milk cold
- ☐ 1 tablespoon vanilla extract
- ☐ 1 pint whipped cream
- ☐ 1 cup water hot

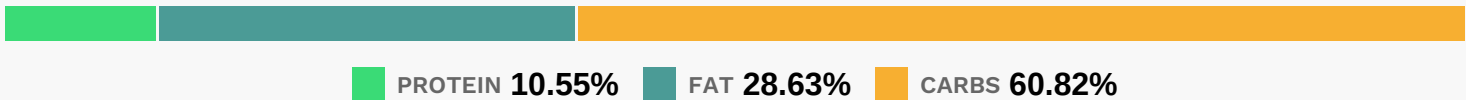
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Whisk together first 4 ingredients in a large saucepan until smooth. Bring to a boil over medium heat, whisking constantly; boil, whisking constantly, 2 minutes.
- ☐ Remove from heat. Cool slightly.
- ☐ Stir in 6 cups cold milk, vanilla, and, if desired, liqueur. Cover mixture, and chill up to 2 days, or pour each serving immediately over 1/4 cup ice cream or ice cubes.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:21.76, Glycemic Load:28.99, Inflammation Score:-6, Nutrition Score:15.144782652026%

Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 402.56kcal (20.13%), Fat: 13.28g (20.43%), Saturated Fat: 7.89g (49.31%), Carbohydrates: 63.48g (21.16%), Net Carbohydrates: 60.02g (21.82%), Sugar: 46.63g (51.82%), Cholesterol: 47.98mg (15.99%), Sodium: 125.53mg (5.46%), Alcohol: 0.56g (100%), Alcohol %: 0.22% (100%), Caffeine: 476.67mg (158.89%), Protein: 11.01g (22.02%), Manganese: 0.83mg (41.27%), Calcium: 349.88mg (34.99%), Phosphorus: 332.57mg (33.26%), Potassium: 1008.88mg (28.83%), Magnesium: 107.11mg (26.78%), Vitamin B2: 0.43mg (25.03%), Vitamin B3: 4.58mg (22.91%), Vitamin B12: 1.22µg (20.31%), Vitamin D: 2.13µg (14.21%), Fiber: 3.46g (13.86%), Copper: 0.25mg (12.71%), Vitamin A: 551.37IU (11.03%), Zinc: 1.62mg (10.8%), Vitamin B5: 1.06mg (10.62%), Selenium: 7.39µg (10.55%), Iron: 1.63mg (9.07%), Vitamin B1: 0.13mg (8.85%), Vitamin B6: 0.15mg (7.71%), Vitamin E: 0.32mg (2.14%), Vitamin K: 1.77µg (1.68%), Folate: 4.8µg (1.2%)