

Iced Cappuccino - Low-Carb Alternative

 Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



148 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup vanilla almond milk plain unsweetened
- ☐ 2 tablespoons cream cheese softened
- ☐ 3 packets granular no-calorie sucralose sweetener splenda® (such as)
- ☐ 0.5 cup strong coffee decoction cooled brewed

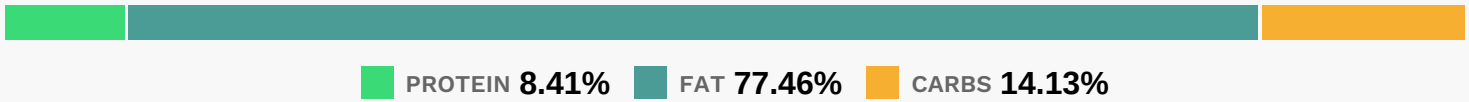
Equipment

- ☐ immersion blender

Directions

- ☐
- Pour almond milk, coffee, sugar, and cream cheese into large plastic cup; blend with an immersion blender until the cream cheese is completely blended into the liquid, about 1 minute.
- ☐
- Pour the blended beverage into a tall glass with ice cubes.

Nutrition Facts



Properties

Glycemic Index:77, Glycemic Load:1.8, Inflammation Score:-3, Nutrition Score:3.5091303969207%

Flavonoids

Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg
Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg
Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg
Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 147.76kcal (7.39%), Fat: 13g (20%), Saturated Fat: 5.86g (36.63%), Carbohydrates: 5.34g (1.78%), Net Carbohydrates: 4.59g (1.67%), Sugar: 3.75g (4.17%), Cholesterol: 29.29mg (9.76%), Sodium: 418.43mg (18.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 47.4mg (15.8%), Protein: 3.18g (6.35%), Calcium: 330.5mg (33.05%), Vitamin B2: 0.16mg (9.22%), Vitamin A: 389.47IU (7.79%), Vitamin B5: 0.47mg (4.66%), Selenium: 2.49µg (3.56%), Phosphorus: 34.58mg (3.46%), Fiber: 0.75g (3%), Potassium: 96.46mg (2.76%), Vitamin E: 0.26mg (1.74%), Vitamin B1: 0.02mg (1.55%), Magnesium: 6.16mg (1.54%), Manganese: 0.03mg (1.52%), Vitamin B3: 0.25mg (1.26%), Folate: 4.98µg (1.24%), Zinc: 0.17mg (1.12%), Vitamin B12: 0.06µg (1.06%)