

## Iced Coffee Syrup

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



371 kcal

BEVERAGE

DRINK

### Ingredients

- 0.3 cup coffee granules instant
- 14 ounce condensed milk sweetened canned
- 2 cups water hot

### Equipment

### Directions

- Combine the instant coffee granules with the hot water and stir until dissolved. Stir in the condensed milk. Store in an airtight container or jar and refrigerate, until ready to use.

## Nutrition Facts



■ PROTEIN 10.23% ■ FAT 20.76% ■ CARBS 69.01%

### Properties

Glycemic Index:15.25, Glycemic Load:32.93, Inflammation Score:-4, Nutrition Score:10.432608684768%

### Nutrients (% of daily need)

Calories: 370.7kcal (18.54%), Fat: 8.71g (13.39%), Saturated Fat: 5.48g (34.23%), Carbohydrates: 65.13g (21.71%), Net Carbohydrates: 65.13g (23.68%), Sugar: 53.98g (59.97%), Cholesterol: 33.74mg (11.25%), Sodium: 137.4mg (5.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 464.3mg (154.77%), Protein: 9.65g (19.31%), Calcium: 306.19mg (30.62%), Phosphorus: 295.84mg (29.58%), Potassium: 891.57mg (25.47%), Vitamin B2: 0.42mg (24.92%), Selenium: 16.55µg (23.64%), Vitamin B3: 4.38mg (21.89%), Magnesium: 75.33mg (18.83%), Manganese: 0.26mg (12.96%), Vitamin B5: 0.76mg (7.59%), Vitamin B12: 0.44µg (7.28%), Zinc: 1mg (6.64%), Vitamin B1: 0.09mg (6.03%), Vitamin A: 264.93IU (5.3%), Iron: 0.84mg (4.67%), Vitamin C: 2.58mg (3.13%), Vitamin B6: 0.05mg (2.74%), Folate: 10.91µg (2.73%), Copper: 0.05mg (2.72%), Vitamin D: 0.2µg (1.32%), Vitamin E: 0.16mg (1.06%)