



Iced Hazelnut Coffee Coolers

 Gluten Free

READY IN



190 min.

SERVINGS



12

CALORIES



187 kcal

BEVERAGE

DRINK

Ingredients

- 0.7 cup coffee dry instant ()
- 1.5 cups non-dairy creamer like mimicreme
- 1 cup water
- 0.3 teaspoon ground cinnamon
- 8 cups milk
- 1 serving whipped cream
- 1 serving ground cinnamon

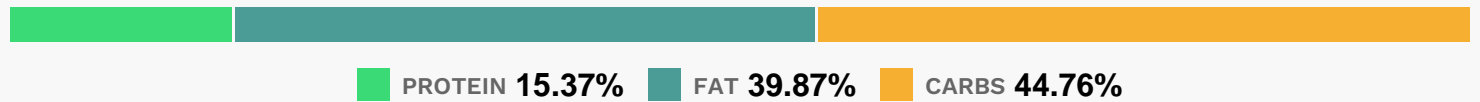
Equipment

- bowl
- blender

Directions

- In medium bowl, mix coffee, creamer, water and 1/4 teaspoon cinnamon, stirring until coffee is dissolved.
- Pour into 2 ice-cube trays. Freeze at least 3 hours or until hardened.
- Transfer cubes to plastic storage container or bag.
- For each serving, place 2 coffee cubes, 2/3 cup milk and 4 water ice cubes in blender. Cover and blend on high speed about 20 seconds or until blended and slightly slushy.
- Pour into glass. Top with dollop of whipped cream and sprinkle of cinnamon.

Nutrition Facts



Properties

Glycemic Index:8.58, Glycemic Load:2.92, Inflammation Score:-4, Nutrition Score:8.6760869423008%

Nutrients (% of daily need)

Calories: 186.6kcal (9.33%), Fat: 8.38g (12.89%), Saturated Fat: 3.7g (23.15%), Carbohydrates: 21.16g (7.05%), Net Carbohydrates: 21.05g (7.65%), Sugar: 11.29g (12.54%), Cholesterol: 19.9mg (6.63%), Sodium: 87.82mg (3.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 412.71mg (137.57%), Protein: 7.26g (14.53%), Calcium: 224.5mg (22.45%), Phosphorus: 223.9mg (22.39%), Potassium: 768.22mg (21.95%), Vitamin B3: 3.88mg (19.4%), Magnesium: 62.88mg (15.72%), Vitamin B12: 0.88µg (14.66%), Vitamin B2: 0.23mg (13.8%), Manganese: 0.27mg (13.4%), Vitamin D: 1.79µg (11.94%), Selenium: 5.09µg (7.27%), Vitamin B5: 0.62mg (6.22%), Vitamin B1: 0.09mg (6.16%), Vitamin A: 272.06IU (5.44%), Vitamin B6: 0.1mg (5.18%), Zinc: 0.73mg (4.84%), Iron: 0.61mg (3.37%), Vitamin E: 0.33mg (2.22%), Vitamin K: 1.56µg (1.49%), Copper: 0.02mg (1.19%)