



Iced Hazelnut Coffee Coolers



Vegetarian



Gluten Free

READY IN



190 min.

SERVINGS



12

CALORIES



185 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.7 cup coffee dry instant ()
- ☐ 8 cups milk
- ☐ 1.5 cups non-dairy creamer like mimiccreme
- ☐ 1 cup water

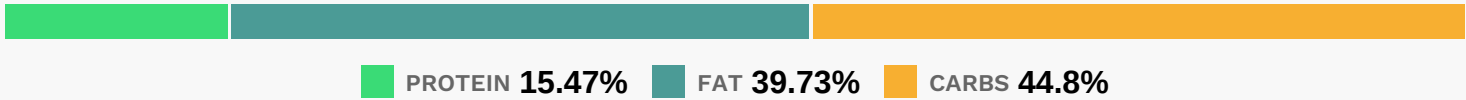
Equipment

- ☐ 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:3.58, Glycemic Load:2.89, Inflammation Score:-4, Nutrition Score:8.5604347184948%

Nutrients (% of daily need)

Calories: 184.9kcal (9.25%), Fat: 8.26g (12.71%), Saturated Fat: 3.63g (22.71%), Carbohydrates: 20.96g (6.99%), Net Carbohydrates: 20.94g (7.61%), Sugar: 11.25g (12.49%), Cholesterol: 19.52mg (6.51%), Sodium: 87.77mg (3.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 412.71mg (137.57%), Protein: 7.24g (14.48%), Phosphorus: 223.35mg (22.33%), Calcium: 222.32mg (22.23%), Potassium: 766.77mg (21.91%), Vitamin B3: 3.88mg (19.39%), Magnesium: 62.72mg (15.68%), Vitamin B12: 0.88µg (14.64%), Vitamin B2: 0.23mg (13.78%), Manganese: 0.24mg (11.94%), Vitamin D: 1.79µg (11.93%), Selenium: 5.08µg (7.25%), Vitamin B5: 0.62mg (6.2%), Vitamin B1: 0.09mg (6.14%), Vitamin A: 268.14IU (5.36%), Vitamin B6: 0.1mg (5.16%), Zinc: 0.72mg (4.81%), Iron: 0.59mg (3.29%), Vitamin E: 0.33mg (2.17%), Vitamin K: 1.5µg (1.43%), Copper: 0.02mg (1.16%)