



Iced Hello Dolly

 Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



542 kcal

SIDE DISH

Ingredients

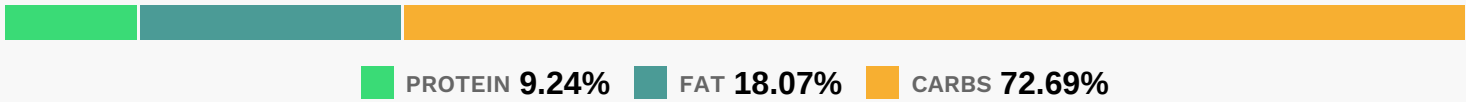
- ☐ 1.5 cups chocolate syrup
- ☐ 0.8 teaspoon coconut extract
- ☐ 6 cups milk
- ☐ 3 cups strong hazelnut coffee chilled brewed
- ☐ 5 servings toppings: whipped cream

Equipment

Directions

☐ Stir together milk, coffee, 1 1/2 cups chocolate syrup, and coconut extract. Chill until ready to serve (up to 8 hours). Top with whipped cream and chocolate syrup.

Nutrition Facts



Properties

Glycemic Index:7.6, Glycemic Load:5.2, Inflammation Score:-6, Nutrition Score:17.016956528892%

Flavonoids

Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg
Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Myricetin: 0.07mg,
Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin:
0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 541.93kcal (27.1%), Fat: 10.87g (16.72%), Saturated Fat: 6.12g (38.27%), Carbohydrates: 98.4g (32.8%), Net
Carbohydrates: 95.02g (34.55%), Sugar: 78.72g (87.47%), Cholesterol: 35.14mg (11.71%), Sodium: 207.77mg
(9.03%), Alcohol: 0.25g (100%), Alcohol %: 0.06% (100%), Caffeine: 64.68mg (21.56%), Protein: 12.5g (25.01%),
Phosphorus: 467.74mg (46.77%), Calcium: 381.27mg (38.13%), Vitamin B2: 0.58mg (33.99%), Copper: 0.67mg
(33.6%), Magnesium: 123.99mg (31%), Manganese: 0.54mg (27.14%), Vitamin B12: 1.58µg (26.35%), Potassium:
801.17mg (22.89%), Vitamin D: 3.22µg (21.47%), Iron: 2.76mg (15.32%), Vitamin B5: 1.47mg (14.7%), Zinc: 2.18mg
(14.52%), Fiber: 3.38g (13.52%), Vitamin B1: 0.2mg (13.04%), Selenium: 7.38µg (10.55%), Vitamin A: 474.34IU (9.49%),
Vitamin B6: 0.19mg (9.4%), Vitamin B3: 1mg (5%), Vitamin K: 1.67µg (1.59%), Folate: 5.44µg (1.36%), Vitamin E:
0.19mg (1.24%)