



Iced Mocha Frappe

 Gluten Free

READY IN



190 min.

SERVINGS



4

CALORIES



385 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 cups hot-brewed coffee hot brewed
- ☐ 1 cup heavy cream
- ☐ 4 ounce chocolate mix hot
- ☐ 4 tablespoons sugar
- ☐ 2 teaspoons vanilla extract
- ☐ 4 servings whipped cream for serving

Equipment

- ☐ bowl

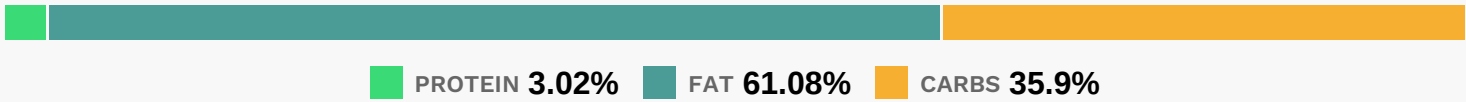
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blender

Directions

- ☐ In a heat-proof bowl or pitcher, add the coffee, hot chocolate mix, and sugar. Stir until well combined.
- ☐ Pour the mixture into ice cube trays and freeze, covered, for at least 3 hours and up to 1 week.
- ☐ Put the frozen cubes in a blender.
- ☐ Add the cream and vanilla and puree until smooth. Divide the frappe into tall glasses and top with whipped cream.

Nutrition Facts



Properties

Glycemic Index:31.27, Glycemic Load:8.79, Inflammation Score:-5, Nutrition Score:4.5373912738717%

Flavonoids

Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg
Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Myricetin: 0.12mg,
Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg,
Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 385.45kcal (19.27%), Fat: 27.15g (41.77%), Saturated Fat: 17.35g (108.47%), Carbohydrates: 35.91g (11.97%),
Net Carbohydrates: 34.77g (12.64%), Sugar: 31.46g (34.95%), Cholesterol: 71.79mg (23.93%), Sodium: 262.56mg
(11.42%), Alcohol: 0.69g (100%), Alcohol %: 0.25% (100%), Caffeine: 94.8mg (31.6%), Protein: 3.02g (6.04%), Vitamin
A: 918.87IU (18.38%), Vitamin B2: 0.3mg (17.65%), Calcium: 78.76mg (7.88%), Vitamin B5: 0.77mg (7.73%), Vitamin
D: 0.98µg (6.51%), Potassium: 184.68mg (5.28%), Phosphorus: 47.08mg (4.71%), Fiber: 1.13g (4.54%), Vitamin E:
0.61mg (4.06%), Iron: 0.6mg (3.36%), Vitamin B1: 0.05mg (3.17%), Magnesium: 12.18mg (3.04%), Manganese:
0.06mg (3.01%), Selenium: 1.94µg (2.77%), Vitamin B3: 0.5mg (2.52%), Vitamin K: 2.26µg (2.15%), Vitamin B12: 0.11µg
(1.88%), Folate: 7.3µg (1.83%), Zinc: 0.22mg (1.44%), Vitamin B6: 0.03mg (1.31%)