



Iced Mocha Fusion Shake

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



313 kcal

BEVERAGE

DRINK

Ingredients

- 3 tablespoons coffee instant flavored
- 3 tablespoons granulated sugar
- 1 cup ice crushed
- 0.8 cup milk
- 1 teaspoon vanilla extract

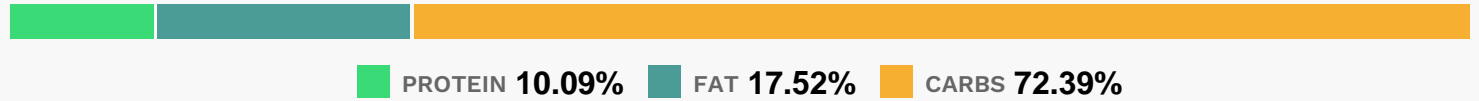
Equipment

- food processor
- blender

Directions

- In a blender or food processor, combine milk, vanilla, sugar, coffee powder and crushed ice. Blend until smooth.
- Pour into glasses and serve.

Nutrition Facts



Properties

Glycemic Index:108.09, Glycemic Load:28.38, Inflammation Score:-4, Nutrition Score:9.5578259773876%

Nutrients (% of daily need)

Calories: 312.87kcal (15.64%), Fat: 6.05g (9.31%), Saturated Fat: 3.43g (21.46%), Carbohydrates: 56.22g (18.74%), Net Carbohydrates: 56.22g (20.44%), Sugar: 45.24g (50.26%), Cholesterol: 21.96mg (7.32%), Sodium: 87.64mg (3.81%), Alcohol: 1.38g (100%), Alcohol %: 0.37% (100%), Caffeine: 471mg (157%), Protein: 7.83g (15.67%), Calcium: 254.14mg (25.41%), Potassium: 812.14mg (23.2%), Phosphorus: 230.52mg (23.05%), Vitamin B3: 4.44mg (22.2%), Magnesium: 73.86mg (18.46%), Vitamin B12: 0.99µg (16.47%), Vitamin B2: 0.27mg (16.13%), Manganese: 0.27mg (13.74%), Vitamin D: 2.01µg (13.42%), Selenium: 5.58µg (7.98%), Vitamin B5: 0.7mg (6.99%), Vitamin B1: 0.1mg (6.94%), Vitamin A: 296.46IU (5.93%), Vitamin B6: 0.12mg (5.85%), Zinc: 0.83mg (5.56%), Iron: 0.68mg (3.8%), Copper: 0.07mg (3.3%)