

Iced Mochas



Gluten Free



Popular

READY IN



5 min.

SERVINGS



4

CALORIES



175 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup chocolate syrup
- ☐ 1.5 cups hot-brewed coffee cold
- ☐ 2 cups milk
- ☐ 0.3 cup sugar white

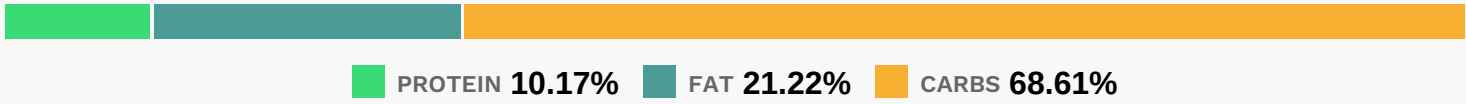
Equipment

- ☐ blender
- ☐ ice cube tray

Directions

- ☐ Pour coffee into ice cube tray. Freeze until solid, or overnight.
- ☐ In a blender, combine coffee ice cubes, milk, chocolate syrup and sugar. Blend until smooth.
- ☐ Pour into glasses and serve.

Nutrition Facts



Properties

Glycemic Index:27.02, Glycemic Load:10.89, Inflammation Score:-2, Nutrition Score:5.4678260186768%

Flavonoids

Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg
Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Myricetin: 0.04mg,
Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin:
0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 174.53kcal (8.73%), Fat: 4.17g (6.42%), Saturated Fat: 2.37g (14.8%), Carbohydrates: 30.35g (10.12%), Net Carbohydrates: 29.87g (10.86%), Sugar: 27.65g (30.73%), Cholesterol: 14.64mg (4.88%), Sodium: 61.76mg (2.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 36.67mg (12.23%), Protein: 4.5g (9%), Calcium: 154.59mg (15.46%), Phosphorus: 150.07mg (15.01%), Vitamin B2: 0.25mg (14.57%), Vitamin B12: 0.66µg (10.98%), Vitamin D: 1.34µg (8.95%), Potassium: 268.8mg (7.68%), Magnesium: 29.49mg (7.37%), Vitamin B5: 0.68mg (6.83%), Vitamin B1: 0.08mg (5.5%), Copper: 0.1mg (4.99%), Manganese: 0.1mg (4.87%), Zinc: 0.66mg (4.37%), Vitamin A: 197.64IU (3.95%), Vitamin B6: 0.08mg (3.82%), Selenium: 2.66µg (3.79%), Iron: 0.41mg (2.28%), Fiber: 0.49g (1.95%), Vitamin B3: 0.36mg (1.79%)