



## Iced Vanilla Coffee

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



722 kcal

BEVERAGE

DRINK

### Ingredients

- 8 cups hazelnut-flavored coffee hot brewed
- 0.7 cup vanilla yogurt frozen low-fat softened
- 2 cups skim milk
- 0.5 cup sugar
- 1 tablespoon vanilla extract

### Equipment

## Directions

- Combine coffee, sugar, and vanilla, stirring until sugar dissolves. Stir in milk; cover and chill. To serve, pour 1 cup coffee into a glass, and top with 1 tablespoon frozen yogurt.

## Nutrition Facts



**PROTEIN 2.09%** **FAT 2.45%** **CARBS 95.46%**

## Properties

Glycemic Index:10.33, Glycemic Load:7.78, Inflammation Score:-5, Nutrition Score:2.0652173740546%

## Nutrients (% of daily need)

Calories: 721.75kcal (36.09%), Fat: 1.18g (1.81%), Saturated Fat: 0.54g (3.38%), Carbohydrates: 103.2g (34.4%), Net Carbohydrates: 103.2g (37.53%), Sugar: 103.28g (114.76%), Cholesterol: 1.66mg (0.55%), Sodium: 43.76mg (1.9%), Alcohol: 41.42g (100%), Alcohol %: 20.29% (100%), Protein: 2.25g (4.51%), Calcium: 78.65mg (7.87%), Phosphorus: 64.89mg (6.49%), Vitamin B2: 0.09mg (5.23%), Vitamin B12: 0.31µg (5.2%), Vitamin D: 0.55µg (3.66%), Potassium: 104.21mg (2.98%), Vitamin A: 120.31IU (2.41%), Vitamin B5: 0.24mg (2.37%), Vitamin B1: 0.03mg (2.08%), Selenium: 1.36µg (1.94%), Magnesium: 7.38mg (1.85%), Vitamin B6: 0.04mg (1.82%), Zinc: 0.26mg (1.75%)