



Instant Cappuccino Mix

 Vegetarian

READY IN



45 min.

SERVINGS



3

CALORIES



610 kcal

BEVERAGE

DRINK

Ingredients

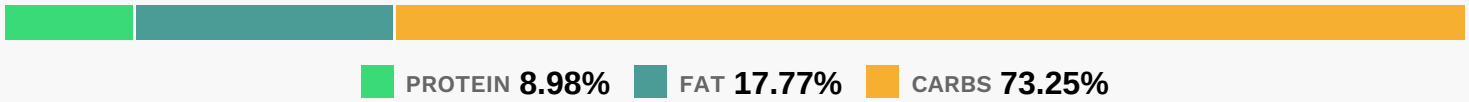
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 cup chocolate drink mix instant
- ☐ 0.8 cup coffee granules instant
- ☐ 0.5 cup splenda® no calorie sweetener
- ☐ 1 cup powdered non-dairy creamer

Equipment

Directions

- ☐ In a medium sized glass jar, combine the non-dairy creamer, chocolate drink mix, instant coffee, SLENDA® Granulated Sweetener, cinnamon and nutmeg; mix well.
- ☐ To prepare, place 2 tablespoons mix in a mug, pour in 3/4 cup boiling water, and stir until dissolved.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:41.67, Glycemic Load:15.24, Inflammation Score:-7, Nutrition Score:20.566086872764%

Nutrients (% of daily need)

Calories: 609.62kcal (30.48%), Fat: 12.3g (18.93%), Saturated Fat: 3.7g (23.11%), Carbohydrates: 114.14g (38.05%), Net Carbohydrates: 113.89g (41.41%), Sugar: 55.78g (61.98%), Cholesterol: 10mg (3.33%), Sodium: 244.29mg (10.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 1857.22mg (619.07%), Protein: 13.99g (27.99%), Vitamin B3: 18.87mg (94.36%), Potassium: 2565.79mg (73.31%), Manganese: 1.17mg (58.72%), Magnesium: 232.67mg (58.17%), Phosphorus: 380.15mg (38.02%), Vitamin B2: 0.43mg (25.14%), Calcium: 218.41mg (21.84%), Selenium: 15.18µg (21.68%), Iron: 2.96mg (16.43%), Vitamin B1: 0.22mg (14.39%), Vitamin B6: 0.19mg (9.44%), Copper: 0.17mg (8.42%), Vitamin B12: 0.33µg (5.56%), Vitamin E: 0.81mg (5.37%), Vitamin K: 5.48µg (5.22%), Folate: 19.31µg (4.83%), Zinc: 0.65mg (4.3%), Vitamin B5: 0.32mg (3.19%), Vitamin A: 106.49IU (2.13%), Vitamin C: 1.23mg (1.49%), Fiber: 0.25g (1.01%)