



Mocha-Almond Latte Freeze

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



196 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 teaspoon almonds toasted sliced
- ☐ 0.5 teaspoon chocolate syrup
- ☐ 1 cup hot-brewed coffee french freshly ground
- ☐ 0.3 cup skim milk fat-free
- ☐ 0.5 cup vanilla yogurt frozen low-fat
- ☐ 0.3 cup ice cubes
- ☐ 0.5 teaspoon bittersweet chocolate grated
- ☐ 1 teaspoon cocoa powder unsweetened

- ☐ 3 cups water
- ☐ 1 tablespoon whipped cream light refrigerated canned (such as Reddi-wip)

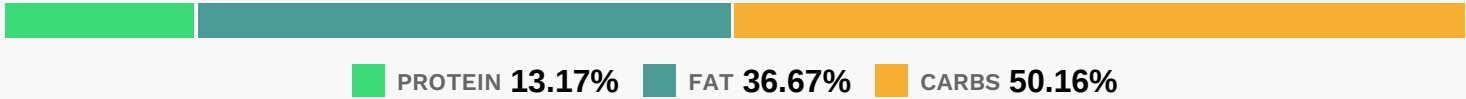
Equipment

- ☐ blender

Directions

- ☐ Brew water and coffee in a coffee maker according to manufacturer's directions. Cover and chill. Reserve 1/4 cup chilled coffee (reserve remaining coffee for another use).
- ☐ Place 1/4 cup chilled coffee, milk, ice cubes, and cocoa in a blender; process until smooth.
- ☐ Add yogurt and grated chocolate; process until smooth.
- ☐ Pour mixture into a tall glass; top with whipped cream.
- ☐ Drizzle with chocolate syrup, and sprinkle with almonds.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:98.25, Glycemic Load:1.34, Inflammation Score:-4, Nutrition Score:9.0647826479829%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 195.92kcal (9.8%), Fat: 8.23g (12.67%), Saturated Fat: 3.91g (24.43%), Carbohydrates: 25.34g (8.45%), Net Carbohydrates: 24.21g (8.8%), Sugar: 23.07g (25.63%), Cholesterol: 6.85mg (2.28%), Sodium: 133.59mg (5.81%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 99.37mg (33.12%), Protein: 6.66g (13.31%), Vitamin B2: 0.47mg (27.94%), Calcium: 230.08mg (23.01%), Phosphorus: 205.75mg (20.57%), Copper: 0.28mg (14.04%), Magnesium: 54.48mg (13.62%), Vitamin B5: 1.33mg (13.28%), Potassium: 441.05mg (12.6%), Manganese: 0.24mg (11.85%), Vitamin B12: 0.58µg (9.69%), Vitamin E: 1.17mg (7.81%), Vitamin B1: 0.11mg (7.05%), Zinc: 1mg (6.64%), Vitamin A: 309.69IU (6.19%), Selenium: 4.21µg (6.02%), Vitamin B6: 0.1mg (5.25%), Vitamin D: 0.76µg (5.09%), Vitamin B3: 0.93mg (4.65%), Fiber: 1.13g (4.53%), Iron: 0.74mg (4.1%), Folate: 12.55µg (3.14%)