

Mocha Frappe

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



3

CALORIES



47 kcal

BEVERAGE

DRINK

Ingredients

- 0.8 cup double-strength maxwell house decaffeinated coffee french cooled brewed
- 1 cup milk fat-free
- 1 cup ice cubes
- 2 Tbsp granular no-calorie sweetener
- 3 Tbsp cocoa powder unsweetened

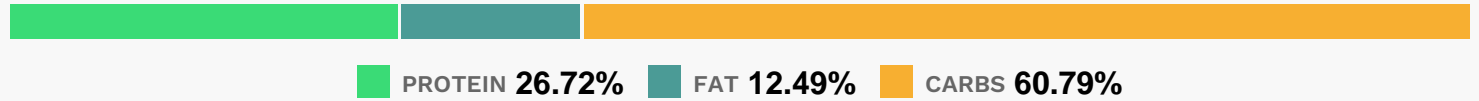
Equipment

- blender

Directions

- Place coffee, cocoa and sweetener in blender container; cover. Blend on medium speed 30 seconds or until well blended.
- Add milk and ice; cover. Blend on high speed until smooth.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:2.24, Inflammation Score:-3, Nutrition Score:5.4591304122106%

Flavonoids

Catechin: 3.5mg, Catechin: 3.5mg, Catechin: 3.5mg, Catechin: 3.5mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 10.63mg, Epicatechin: 10.63mg, Epicatechin: 10.63mg, Epicatechin: 10.63mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 47.39kcal (2.37%), Fat: 0.82g (1.26%), Saturated Fat: 0.48g (2.98%), Carbohydrates: 8.94g (2.98%), Net Carbohydrates: 6.95g (2.53%), Sugar: 5.82g (6.47%), Cholesterol: 2.45mg (0.82%), Sodium: 39.75mg (1.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 36.12mg (12.04%), Protein: 3.93g (7.86%), Phosphorus: 128.8mg (12.88%), Calcium: 118.26mg (11.83%), Manganese: 0.22mg (11.16%), Copper: 0.22mg (11%), Magnesium: 39.31mg (9.83%), Vitamin B2: 0.17mg (9.71%), Fiber: 2g (7.99%), Vitamin B12: 0.47µg (7.89%), Potassium: 247.58mg (7.07%), Vitamin D: 0.9µg (5.99%), Zinc: 0.75mg (5.03%), Vitamin B5: 0.46mg (4.56%), Iron: 0.76mg (4.2%), Vitamin B1: 0.06mg (3.88%), Selenium: 2.41µg (3.44%), Vitamin A: 166.6IU (3.33%), Vitamin B6: 0.05mg (2.72%), Vitamin B3: 0.33mg (1.64%), Folate: 4.55µg (1.14%)