

Mocha Frappé

 Gluten Free

READY IN



10 min.

SERVINGS



3

CALORIES



137 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 teaspoon milk chocolate shavings
- ☐ 2 tablespoons chocolate syrup
- ☐ 1 tablespoon milk 2% reduced-fat
- ☐ 1.3 cups milk 2% reduced-fat
- ☐ 1 cup strong coffee decoction brewed
- ☐ 2 tablespoons sugar
- ☐ 3 tablespoons cool whip fat-free frozen thawed

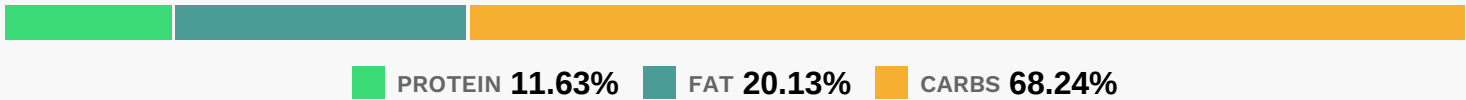
Equipment

- ☐ blender
- ☐ measuring cup

Directions

- ☐ Stir together coffee, sugar, and 1 tablespoon milk in a small glass measuring cup.
- ☐ Pour into ice cube trays, and freeze at least 2 hours or until firm.
- ☐ Process coffee ice cubes, 1 1/4 cups milk, and chocolate syrup in a blender until smooth.
Dollop evenly with whipped topping, and sprinkle with chocolate shavings.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.36, Glycemic Load:5.58, Inflammation Score:-2, Nutrition Score:4.6978261056154%

Flavonoids

Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg
Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg 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: 136.67kcal (6.83%), Fat: 3.09g (4.76%), Saturated Fat: 1.86g (11.63%), Carbohydrates: 23.59g (7.86%), Net
Carbohydrates: 23.1g (8.4%), Sugar: 21.16g (23.51%), Cholesterol: 9.09mg (3.03%), Sodium: 63.23mg (2.75%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 33.81mg (11.27%), Protein: 4.02g (8.04%), Vitamin B2: 0.29mg
(16.94%), Calcium: 133.41mg (13.34%), Phosphorus: 121.97mg (12.2%), Vitamin B12: 0.62µg (10.29%), Potassium:
227.58mg (6.5%), Magnesium: 25.66mg (6.41%), Vitamin B5: 0.58mg (5.75%), Manganese: 0.11mg (5.28%), Copper:
0.1mg (4.9%), Zinc: 0.67mg (4.45%), Selenium: 3.09µg (4.42%), Vitamin B1: 0.06mg (3.98%), Vitamin B6: 0.05mg
(2.35%), Iron: 0.42mg (2.33%), Vitamin A: 114.1IU (2.28%), Fiber: 0.5g (1.98%), Folate: 7.78µg (1.94%), Vitamin B3:
0.32mg (1.6%)