



## Mocha Frappé Freeze

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



103 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 0.3 cup chocolate syrup (such as Hershey's)
- ☐ 1.5 cups half-and-half fat-free divided
- ☐ 1 tablespoon espresso powder instant
- ☐ 0.5 cup sugar
- ☐ 1 cup water

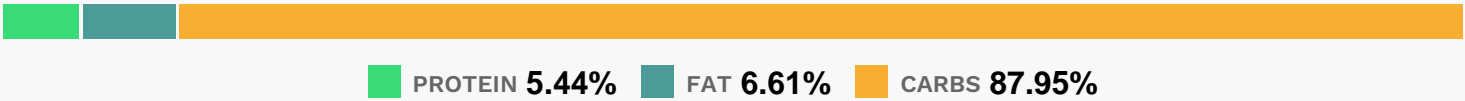
### Equipment

- ☐ sauce pan
- ☐ pastry brush

# Directions

- ☐ Combine espresso powder and water in a saucepan, and place over medium-high heat. Stir in sugar and chocolate syrup; cook, stirring constantly, until tiny bubbles form around edge (do not boil) and mixture is smooth.
- ☐ Remove from heat, and let stand 510 minutes. Stir in 1 1/4 cups half-and-half.
- ☐ Pour mixture into 8 molds (to about 80 percent fullness), and insert pop sticks; freeze about 3 hours or until firm.
- ☐ Remove molds from freezer; distribute reserved 1/4 cup half-and-half among pops. Freeze 30 minutes or until firm.
- ☐ Before serving, remove molds from freezer and invert onto a large plate. If desired, decorate by using a pastry brush or small spoon to brush corn syrup or agave nectar on bottoms of pops; cover with cookie crumbs. Turn pops on side, brush centers with corn syrup or agave, and sprinkle on cookie crumbs.
- ☐ Serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:8.76, Glycemic Load:8.73, Inflammation Score:-1, Nutrition Score:2.2482608783504%

# Nutrients (% of daily need)

Calories: 102.6kcal (5.13%), Fat: 0.77g (1.18%), Saturated Fat: 0.42g (2.64%), Carbohydrates: 23.01g (7.67%), Net Carbohydrates: 22.76g (8.28%), Sugar: 19.34g (21.49%), Cholesterol: 2.21mg (0.74%), Sodium: 52.83mg (2.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 20.19mg (6.73%), Protein: 1.42g (2.85%), Phosphorus: 80.81mg (8.08%), Vitamin B2: 0.11mg (6.61%), Calcium: 45.69mg (4.57%), Magnesium: 15.51mg (3.88%), Vitamin B12: 0.23µg (3.84%), Potassium: 134.53mg (3.84%), Copper: 0.06mg (3.08%), Zinc: 0.43mg (2.89%), Manganese: 0.05mg (2.39%), Selenium: 1.57µg (2.24%), Vitamin B5: 0.2mg (2.05%), Vitamin B1: 0.03mg (1.71%), Vitamin B6: 0.03mg (1.41%), Vitamin B3: 0.26mg (1.31%), Iron: 0.23mg (1.29%)