



Mocha Java Chiller

 **Gluten Free**

READY IN



10 min.

SERVINGS



10

CALORIES



106 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup coffee ice cream softened
- 1 cup milk
- 2 tsp swiss milk chocolate nougat bar grated
- 4 triangles swiss milk chocolate nougat bar coarsely chopped ()
- 0.5 cup strong maxwell house coffee chilled brewed (any variety)
- 2 Tbsp cool whip whipped topping thawed

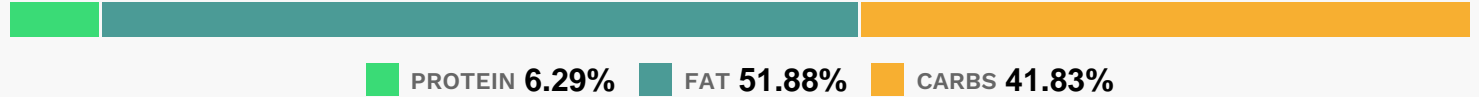
Equipment

- blender

Directions

- Blend coffee and chopped chocolate in blender until chocolate is finely chopped.
- Add ice cream and milk; use pulsing action to blend until smooth.
- Pour into 2 glasses; top with remaining ingredients.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.42, Glycemic Load:5.13, Inflammation Score:-1, Nutrition Score:2.3999999751863%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 105.88kcal (5.29%), Fat: 6.52g (10.03%), Saturated Fat: 3.9g (24.37%), Carbohydrates: 11.83g (3.94%), Net Carbohydrates: 11.06g (4.02%), Sugar: 10.46g (11.62%), Cholesterol: 8.75mg (2.92%), Sodium: 22.67mg (0.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.78mg (4.26%), Protein: 1.78g (3.56%), Vitamin B2: 0.1mg (6.14%), Phosphorus: 57.44mg (5.74%), Calcium: 50.71mg (5.07%), Magnesium: 18.96mg (4.74%), Copper: 0.07mg (3.68%), Manganese: 0.06mg (3.25%), Vitamin B12: 0.19µg (3.08%), Fiber: 0.76g (3.05%), Potassium: 104.92mg (3%), Zinc: 0.38mg (2.51%), Vitamin B5: 0.21mg (2.06%), Vitamin D: 0.29µg (1.97%), Iron: 0.35mg (1.95%), Vitamin A: 95.77IU (1.92%), Vitamin B1: 0.02mg (1.56%), Selenium: 1.06µg (1.52%), Vitamin B6: 0.03mg (1.34%)