

Mocha milkshake



Gluten Free



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



357 kcal

DESSERT

BEVERAGE

DRINK

Ingredients

- ☐ 85 g chocolate plain 70% 80%
- ☐ 1 tbsp coffee
- ☐ 700 ml milk
- ☐ 4 scoops whipped cream

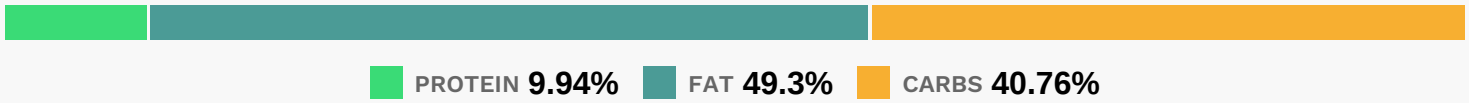
Equipment

- ☐ blender

Directions

- ☐ Roughly chop 75g of the chocolate and put into a large jug with the coffee. Bring 300ml of the milk just to the boil, then pour over the chocolate and coffee mix, stirring to melt. Once melted, cool.
- ☐ Tip the cooled mocha milk into the blender with the ice cream and remaining milk. Blitz until blended, then pour into 4 tall glasses.
- ☐ Add an extra scoop of ice cream to each, if you like, then grate a little of the remaining chocolate on top.

Nutrition Facts



Properties

Glycemic Index:35.4, Glycemic Load:17.39, Inflammation Score:-5, Nutrition Score:10.485217404106%

Nutrients (% of daily need)

Calories: 357.06kcal (17.85%), Fat: 20.31g (31.24%), Saturated Fat: 12.11g (75.67%), Carbohydrates: 37.78g (12.59%), Net Carbohydrates: 36.15g (13.15%), Sugar: 33.61g (37.35%), Cholesterol: 50.7mg (16.9%), Sodium: 125.25mg (5.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 53.28mg (17.76%), Protein: 9.21g (18.42%), Calcium: 313.34mg (31.33%), Phosphorus: 286.61mg (28.66%), Vitamin B2: 0.46mg (27.02%), Vitamin B12: 1.23µg (20.53%), Magnesium: 59mg (14.75%), Potassium: 507.94mg (14.51%), Vitamin D: 2.12µg (14.12%), Vitamin A: 570.24IU (11.4%), Vitamin B5: 1.07mg (10.73%), Zinc: 1.52mg (10.12%), Vitamin B1: 0.13mg (8.83%), Selenium: 5.37µg (7.67%), Vitamin B6: 0.15mg (7.56%), Copper: 0.14mg (7.03%), Manganese: 0.14mg (6.94%), Fiber: 1.63g (6.52%), Iron: 0.7mg (3.89%), Vitamin B3: 0.76mg (3.8%), Vitamin E: 0.34mg (2.29%), Vitamin K: 2.1µg (2%)