

Mocha Mudslide

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



160 kcal

SIDE DISH

Ingredients

- 0.7 cup banana ripe sliced
- 1 cup milk fat-free
- 1 teaspoon coffee granules instant
- 0.3 cup vanilla yogurt low-fat
- 2 tablespoons sugar

Equipment

- blender

Directions

- Place first 4 ingredients in a blender; process until smooth.
- Place the blender container in freezer; freeze 1 hour or until slightly frozen. Loosen frozen mixture from sides of blender container; add yogurt. Process until smooth, and garnish with sliced banana, if desired.
- Serve immediately.
- Note: For a chocolate-flavored shake, use reduced-fat chocolate milk instead of the plain fat-free milk, and reduce the sugar to 1 tablespoon.

Nutrition Facts

PROTEIN 15.11% **FAT 3.7%** **CARBS 81.19%**

Properties

Glycemic Index:79.06, Glycemic Load:15.9, Inflammation Score:-4, Nutrition Score:7.6773912660454%

Flavonoids

Catechin: 3.05mg, Catechin: 3.05mg, Catechin: 3.05mg, Catechin: 3.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 160.15kcal (8.01%), Fat: 0.69g (1.06%), Saturated Fat: 0.36g (2.27%), Carbohydrates: 33.95g (11.32%), Net Carbohydrates: 32.65g (11.87%), Sugar: 28.49g (31.65%), Cholesterol: 5.21mg (1.74%), Sodium: 71.24mg (3.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 15.7mg (5.23%), Protein: 6.32g (12.64%), Calcium: 217.39mg (21.74%), Phosphorus: 184.93mg (18.49%), Vitamin B2: 0.26mg (15.36%), Vitamin B12: 0.87µg (14.55%), Vitamin B6: 0.27mg (13.42%), Potassium: 468.58mg (13.39%), Vitamin D: 1.35µg (8.98%), Magnesium: 34.74mg (8.68%), Vitamin B5: 0.77mg (7.74%), Manganese: 0.15mg (7.45%), Selenium: 4.59µg (6.55%), Vitamin B1: 0.1mg (6.47%), Vitamin A: 295.07IU (5.9%), Zinc: 0.88mg (5.89%), Vitamin C: 4.59mg (5.57%), Fiber: 1.3g (5.2%), Folate: 15.82µg (3.95%), Vitamin B3: 0.65mg (3.25%), Copper: 0.05mg (2.35%)