



Mocha-Peppermint Coffee

 Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



147 kcal

BEVERAGE

DRINK

Ingredients

- 3 cups freshly gevalia house blend brewed
- 4 candy canes
- 0.8 cup milk
- 0.5 tsp peppermint extract
- 2 oz baker's semi-sweet chocolate
- 3 Tbsp sugar

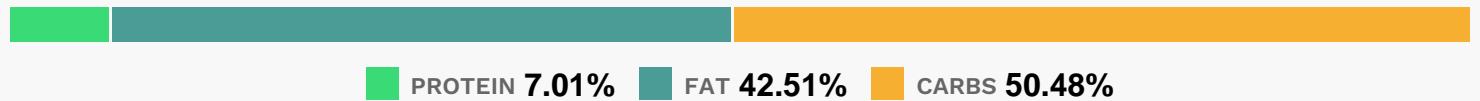
Equipment

- sauce pan

Directions

- Warm coffee, milk, chocolate and sugar in saucepan on medium-low heat 3 to 5 min. or until chocolate is melted and mixture is heated through, stirring occasionally.
- Stir in extract.
- Pour into 4 mugs.
- Serve with candy canes.

Nutrition Facts



Properties

Glycemic Index:27.02, Glycemic Load:7.09, Inflammation Score:-2, Nutrition Score:4.7004348117372%

Flavonoids

Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg
Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Myricetin: 0.09mg,
Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin:
0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 147.46kcal (7.37%), Fat: 6.96g (10.71%), Saturated Fat: 3.98g (24.86%), Carbohydrates: 18.6g (6.2%), Net Carbohydrates: 17.46g (6.35%), Sugar: 16.45g (18.28%), Cholesterol: 6.34mg (2.11%), Sodium: 22.49mg (0.98%), Alcohol: 0.18g (100%), Alcohol %: 0.09% (100%), Caffeine: 83.29mg (27.76%), Protein: 2.58g (5.16%), Vitamin B2: 0.21mg (12.2%), Manganese: 0.23mg (11.6%), Copper: 0.18mg (9.1%), Magnesium: 35.83mg (8.96%), Phosphorus: 88.43mg (8.84%), Calcium: 68.76mg (6.88%), Potassium: 237.05mg (6.77%), Vitamin B5: 0.66mg (6.65%), Iron: 0.92mg (5.1%), Vitamin B12: 0.27µg (4.54%), Fiber: 1.13g (4.54%), Zinc: 0.6mg (4%), Vitamin B1: 0.06mg (3.67%), Vitamin D: 0.5µg (3.36%), Selenium: 2.11µg (3.02%), Vitamin B3: 0.51mg (2.54%), Vitamin B6: 0.03mg (1.73%), Vitamin A: 81.2IU (1.62%), Vitamin K: 1.34µg (1.27%)