



Mocha Punch

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



226 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup chocolate syrup
- 28 fl. oz. club soda chilled
- 1 cup maxwell house coffee instant
- 4 cups milk
- 2 cups water cold

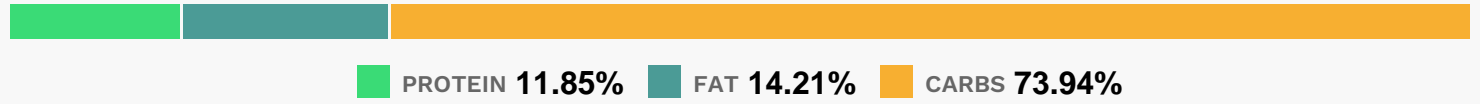
Equipment

- bowl
- whisk

Directions

- Stir water into coffee granules in punch bowl or 1-gallon serving bowl until coffee is dissolved.
- Add remaining ingredients; stir with whisk until blended.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:3.8, Glycemic Load:1.73, Inflammation Score:-5, Nutrition Score:10.0973911483%

Nutrients (% of daily need)

Calories: 225.78kcal (11.29%), Fat: 3.58g (5.51%), Saturated Fat: 2.02g (12.61%), Carbohydrates: 41.93g (13.98%), Net Carbohydrates: 41.15g (14.96%), Sugar: 19.59g (21.77%), Cholesterol: 11.71mg (3.9%), Sodium: 87.19mg (3.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 744.69mg (248.23%), Protein: 6.72g (13.44%), Vitamin B3: 6.87mg (34.35%), Potassium: 1052.78mg (30.08%), Magnesium: 109.88mg (27.47%), Manganese: 0.52mg (26.22%), Phosphorus: 208.96mg (20.9%), Calcium: 163.17mg (16.32%), Copper: 0.2mg (10%), Vitamin B2: 0.17mg (9.84%), Iron: 1.68mg (9.36%), Vitamin B12: 0.53µg (8.78%), Selenium: 5.26µg (7.51%), Vitamin D: 1.07µg (7.16%), Zinc: 0.79mg (5.26%), Vitamin B1: 0.06mg (3.95%), Vitamin B5: 0.39mg (3.91%), Vitamin B6: 0.07mg (3.41%), Vitamin A: 158.11IU (3.16%), Fiber: 0.78g (3.12%)