



Mocha Punch



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



40

CALORIES



224 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 gallon skim milk fat-free
- ☐ 2 ounce coffee instant
- ☐ 8 cups no-sugar-added cherries softened reduced-fat ()
- ☐ 8 cups tsp vanilla sugar fat-free softened ()
- ☐ 1 cup water boiling
- ☐ 1 cup cool whip fat-free frozen thawed

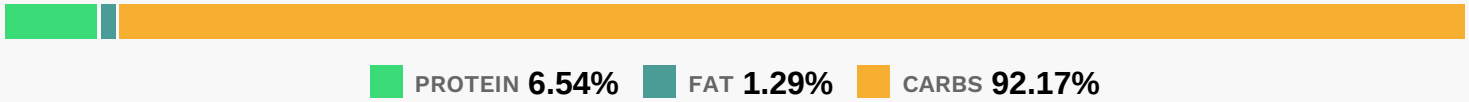
Equipment

- ☐ bowl

Directions

- ☐
- Combine coffee granules and boiling water, stirring until coffee granules dissolve.
- ☐
- Add sweetener, stirring until dissolved. Cover and chill.
- ☐
- Combine coffee mixture and milk in a large punch bowl; gently stir in ice creams. Spoon whipped topping onto ice cream mixture.
- ☐
- Serve immediately.
- ☐
- carbo rating: 15

Nutrition Facts



Properties

Glycemic Index:2.58, Glycemic Load:29.46, Inflammation Score:-2, Nutrition Score:3.6739130540872%

Nutrients (% of daily need)

Calories: 223.97kcal (11.2%), Fat: 0.3g (0.47%), Saturated Fat: 0.1g (0.64%), Carbohydrates: 49.01g (16.34%), Net Carbohydrates: 49g (17.82%), Sugar: 48g (53.33%), Cholesterol: 3.14mg (1.05%), Sodium: 41.85mg (1.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 44.51mg (14.84%), Protein: 3.48g (6.95%), Calcium: 129.52mg (12.95%), Phosphorus: 106.83mg (10.68%), Vitamin B12: 0.58µg (9.61%), Vitamin B2: 0.14mg (8.48%), Vitamin D: 1.04µg (6.94%), Potassium: 211.04mg (6.03%), Magnesium: 16.2mg (4.05%), Vitamin A: 196.34IU (3.93%), Vitamin B1: 0.06mg (3.73%), Vitamin B5: 0.34mg (3.39%), Selenium: 2.37µg (3.38%), Zinc: 0.44mg (2.94%), Vitamin B6: 0.06mg (2.88%), Vitamin B3: 0.52mg (2.59%), Manganese: 0.03mg (1.44%)