



## Mocha Slush

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



113 kcal

DESSERT

### Ingredients

- 1 tablespoon chocolate syrup divided
- 5 teaspoons espresso powder instant
- 0.3 cup chocolate milk 1% low-fat
- 3 cups water

### Equipment

- blender

## Directions

- Combine 3 cups water and espresso powder.
- Pour espresso into 2 ice cube trays; freeze 4 hours or until firm.
- Place 4 frozen coffee cubes, chocolate milk, and 1 1/2 teaspoons chocolate syrup in a blender; process until slushy.
- Pour slush into a glass; swirl 1 1/2 teaspoons chocolate syrup into the slush.
- Serve immediately.

## Nutrition Facts

 **PROTEIN 11.21%**  **FAT 7.46%**  **CARBS 81.33%**

## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:4.8126087835787%

## Nutrients (% of daily need)

Calories: 113.45kcal (5.67%), Fat: 0.94g (1.45%), Saturated Fat: 0.5g (3.12%), Carbohydrates: 23.17g (7.72%), Net Carbohydrates: 22.58g (8.21%), Sugar: 16.14g (17.94%), Cholesterol: 3.13mg (1.04%), Sodium: 92.36mg (4.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 158.82mg (52.94%), Protein: 3.19g (6.39%), Copper: 0.24mg (12.02%), Calcium: 111.77mg (11.18%), Magnesium: 44.57mg (11.14%), Manganese: 0.21mg (10.51%), Phosphorus: 100.95mg (10.1%), Vitamin B2: 0.17mg (9.89%), Potassium: 329.3mg (9.41%), Vitamin B3: 1.55mg (7.76%), Vitamin D: 0.69µg (4.58%), Iron: 0.79mg (4.37%), Zinc: 0.5mg (3.35%), Selenium: 2.1µg (3%), Vitamin A: 122.5IU (2.45%), Vitamin B12: 0.14µg (2.4%), Fiber: 0.58g (2.33%), Vitamin B5: 0.2mg (1.96%), Vitamin B6: 0.03mg (1.6%), Vitamin B1: 0.02mg (1.44%)