



## Mochaccino

 Gluten Free

READY IN



260 min.

SERVINGS



20

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 cup maxwell house coffee hot brewed
- 3 Tbsp coffee-flavored liqueur
- 12 fl. oz. evaporated milk fat-free canned
- 1 env. knox gelatine unflavored
- 0.5 cup sugar
- 0.3 cup cocoa powder unsweetened


## Equipment

- blender

## Directions

- Sprinkle gelatine over milk in blender container; let stand 1 minute.
- Add hot coffee; cover. Blend on medium speed 2 minutes or until gelatine is completely dissolved.
- Add remaining ingredients; cover. Blend on high speed 2 minutes.
- Pour evenly into 5 mugs or dessert glasses.
- Refrigerate 4 hours or until firm. Store leftover desserts in refrigerator.

## Nutrition Facts

 **PROTEIN 11.3%**  **FAT 25.65%**  **CARBS 63.05%**

## Properties

Glycemic Index:3.5, Glycemic Load:3.49, Inflammation Score:-1, Nutrition Score:1.5947826158093%

## Flavonoids

Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 54.47kcal (2.72%), Fat: 1.56g (2.4%), Saturated Fat: 0.93g (5.83%), Carbohydrates: 8.64g (2.88%), Net Carbohydrates: 8.11g (2.95%), Sugar: 7.85g (8.72%), Cholesterol: 5.15mg (1.72%), Sodium: 19.67mg (0.86%), Alcohol: 0.49g (100%), Alcohol %: 1.61% (100%), Caffeine: 8.04mg (2.68%), Protein: 1.55g (3.1%), Calcium: 48.46mg (4.85%), Phosphorus: 46.91mg (4.69%), Vitamin B2: 0.07mg (4.09%), Manganese: 0.06mg (2.95%), Magnesium: 11.78mg (2.94%), Copper: 0.06mg (2.94%), Potassium: 81.46mg (2.33%), Fiber: 0.53g (2.12%), Zinc: 0.24mg (1.58%), Vitamin B5: 0.15mg (1.47%), Iron: 0.24mg (1.32%)