



Mochaccino

 Gluten Free

READY IN



3 min.

SERVINGS



4

CALORIES



121 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup chocolate syrup
- ☐ 3 cups ice crushed
- ☐ 1 cup latte ice cream low-fat such as Starbucks
- ☐ 1 cup strong coffee decoction chilled brewed

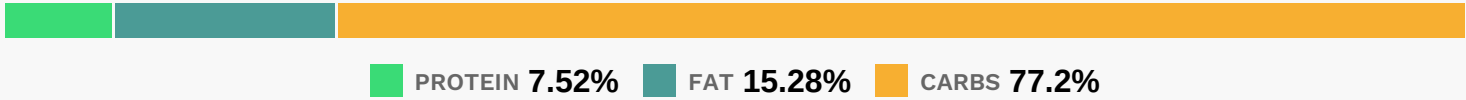
Equipment

- ☐ blender

Directions

- ☐ Combine first 3 ingredients in a blender.
- ☐ Add enough ice to equal 4 cups; process until smooth.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:3.99, Inflammation Score:-2, Nutrition Score:2.9869565458401%

Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Myricetin: 0.03mg,
Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin:
0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 121.31kcal (6.07%), Fat: 2.06g (3.17%), Saturated Fat: 1.21g (7.57%), Carbohydrates: 23.42g (7.81%), Net
Carbohydrates: 22.81g (8.3%), Sugar: 17.71g (19.67%), Cholesterol: 10.26mg (3.42%), Sodium: 51.68mg (2.25%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 24.83mg (8.27%), Protein: 2.28g (4.56%), Vitamin B2: 0.15mg
(8.9%), Calcium: 70.31mg (7.03%), Copper: 0.13mg (6.6%), Phosphorus: 65.11mg (6.51%), Magnesium: 21.06mg
(5.26%), Manganese: 0.09mg (4.36%), Potassium: 150.07mg (4.29%), Vitamin A: 170.24IU (3.4%), Vitamin B5:
0.34mg (3.36%), Vitamin B12: 0.18µg (2.98%), Zinc: 0.44mg (2.96%), Iron: 0.47mg (2.63%), Fiber: 0.6g (2.41%),
Vitamin B1: 0.03mg (2.01%), Selenium: 1.02µg (1.46%), Vitamin B3: 0.23mg (1.13%)