



Nutty Frappés



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



123 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup hazelnut syrup (such as Torani)
- ☐ 5.5 cups ice cubes
- ☐ 0.5 cup milk
- ☐ 1 tablespoon roasted pistachios unsalted finely chopped

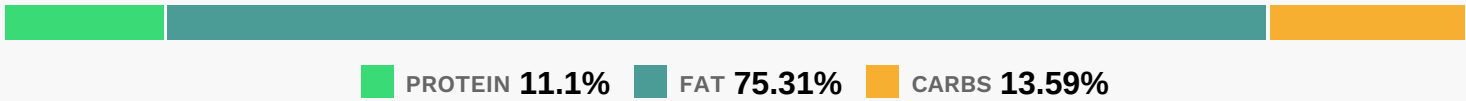
Equipment

- ☐ blender

Directions

- ☐
- In a blender, combine 1 1/2 cups ice cubes, 1 1/2 cups milk, and 1/2 cup hazelnut syrup (such as Torani) or Frangelico; whirl at high speed until ice is finely ground and mixture is frothy, about 1 minute.
- ☐
- Pour into tall glasses. If desired, sprinkle with finely chopped unsalted roasted pistachios (about 1 tablespoon total).

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:0.76, Inflammation Score:-2, Nutrition Score:7.0156521952671%

Flavonoids

Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 123.04kcal (6.15%), Fat: 10.95g (16.84%), Saturated Fat: 1.34g (8.38%), Carbohydrates: 4.45g (1.48%), Net Carbohydrates: 2.8g (1.02%), Sugar: 2.26g (2.51%), Cholesterol: 3.66mg (1.22%), Sodium: 27.87mg (1.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.26%), Manganese: 0.95mg (47.5%), Copper: 0.33mg (16.74%), Vitamin E: 2.31mg (15.39%), Vitamin B1: 0.13mg (8.66%), Magnesium: 33.63mg (8.41%), Phosphorus: 83.49mg (8.35%), Vitamin B6: 0.13mg (6.75%), Calcium: 66.34mg (6.63%), Fiber: 1.65g (6.59%), Potassium: 166.97mg (4.77%), Folate: 17.91µg (4.48%), Iron: 0.78mg (4.32%), Zinc: 0.57mg (3.78%), Vitamin B2: 0.06mg (3.65%), Vitamin B12: 0.16µg (2.74%), Vitamin B5: 0.26mg (2.61%), Vitamin D: 0.34µg (2.24%), Vitamin K: 2.22µg (2.12%), Vitamin B3: 0.33mg (1.63%), Selenium: 1.07µg (1.53%), Vitamin C: 1.05mg (1.27%), Vitamin A: 60.19IU (1.2%)