



Skinny Mocha Freeze

 Gluten Free

READY IN



10 min.

SERVINGS



3

CALORIES



197 kcal

SIDE DISH

Ingredients

- ☐ 1 cup strong coffee decoction cold brewed
- ☐ 1 cup ice cubes
- ☐ 1 cup vanilla ice cream reduced-fat
- ☐ 0.5 cup skim milk fat-free (skim)
- ☐ 2 tablespoons chocolate milk instant
- ☐ 0.3 teaspoon vanilla
- ☐ 1 serving sugar substitute
- ☐ 6 tablespoons cool whip fat-free frozen thawed

☐ 1 serving chocolate milk instant

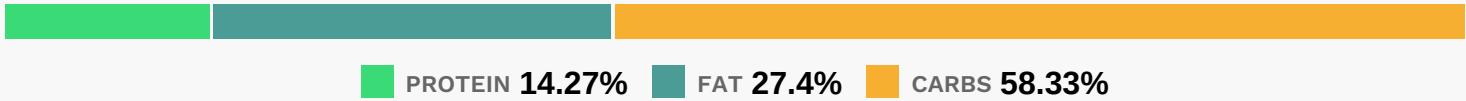
Equipment

☐ blender

Directions

- ☐ In blender, place coffee and ice cubes. Cover; blend on high speed 10 to 20 seconds or until mixture is slushy.
- ☐ Add ice cream, milk, 2 tablespoons instant chocolate milk mix and vanilla. Cover; blend on high speed 20 to 30 seconds longer or until well blended. Sweeten to taste with sugar or sugar substitute.
- ☐ Pour into 3 glasses. Top each with whipped topping; sprinkle with instant chocolate milk mix.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:63.08, Glycemic Load:9.18, Inflammation Score:-4, Nutrition Score:7.7652174389881%

Flavonoids

Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg
Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg
Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg
Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 197.17kcal (9.86%), Fat: 6.04g (9.3%), Saturated Fat: 3.68g (23.01%), Carbohydrates: 28.95g (9.65%), Net Carbohydrates: 28.03g (10.19%), Sugar: 23.72g (26.36%), Cholesterol: 27.31mg (9.1%), Sodium: 121.07mg (5.26%), Alcohol: 0.11g (100%), Alcohol %: 0.04% (100%), Caffeine: 32.51mg (10.84%), Protein: 7.08g (14.17%), Vitamin B2: 0.45mg (26.28%), Calcium: 251.47mg (25.15%), Phosphorus: 196.63mg (19.66%), Vitamin B12: 0.91µg (15.16%), Vitamin D: 1.69µg (11.25%), Potassium: 375.04mg (10.72%), Vitamin B5: 0.86mg (8.6%), Vitamin A: 415.54IU (8.31%), Vitamin B1: 0.11mg (7.2%), Magnesium: 27.79mg (6.95%), Zinc: 0.98mg (6.53%), Selenium: 3.84µg (5.48%), Vitamin B6: 0.09mg (4.75%), Manganese: 0.09mg (4.65%), Copper: 0.08mg (4.25%), Fiber: 0.92g (3.67%), Folate: 11.53µg (2.88%), Vitamin B3: 0.42mg (2.08%), Iron: 0.33mg (1.81%), Vitamin C: 1.43mg (1.73%)