



Snickerdoodle Coffee Mix



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



574 kcal

BEVERAGE

DRINK

Ingredients

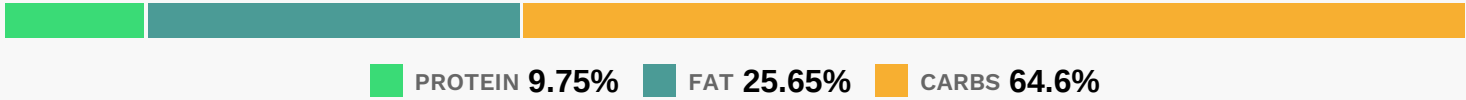
- ☐ 0.5 teaspoon allspice
- ☐ 0.5 cup baking cocoa
- ☐ 0.3 teaspoon cinnamon
- ☐ 3 tablespoons coffee granules instant
- ☐ 0.5 cup vanilla-flavored powdered non-dairy creamer
- ☐ 1 cup powdered milk
- ☐ 1 cup sugar

Equipment

Directions

- ☐ Combine all ingredients; store in an airtight container. Give with instructions.
- ☐ Add 3 tablespoons mix to 3/4 cup boiling water; stir well.

Nutrition Facts



Properties

Glycemic Index:45.03, Glycemic Load:53.94, Inflammation Score:-7, Nutrition Score:18.650000126466%

Flavonoids

Catechin: 9.29mg, Catechin: 9.29mg, Catechin: 9.29mg, Catechin: 9.29mg Epicatechin: 28.16mg, Epicatechin: 28.16mg, Epicatechin: 28.16mg, Epicatechin: 28.16mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 574.31kcal (28.72%), Fat: 17.61g (27.1%), Saturated Fat: 9.08g (56.73%), Carbohydrates: 99.79g (33.26%), Net Carbohydrates: 94.32g (34.3%), Sugar: 87.73g (97.48%), Cholesterol: 41.39mg (13.8%), Sodium: 190.89mg (8.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 189.97mg (63.32%), Protein: 15.07g (30.14%), Phosphorus: 477.53mg (47.75%), Calcium: 422.66mg (42.27%), Manganese: 0.69mg (34.71%), Vitamin B2: 0.56mg (33.13%), Magnesium: 124.69mg (31.17%), Vitamin D: 4.48µg (29.87%), Potassium: 1044.27mg (29.84%), Copper: 0.59mg (29.57%), Vitamin B12: 1.39µg (23.11%), Fiber: 5.46g (21.86%), Zinc: 2.44mg (16.26%), Selenium: 10.49µg (14.98%), Iron: 2.5mg (13.87%), Vitamin B5: 1.01mg (10.11%), Vitamin B3: 2.01mg (10.05%), Vitamin B1: 0.13mg (8.85%), Vitamin A: 406.8IU (8.14%), Vitamin B6: 0.15mg (7.41%), Folate: 20.5µg (5.13%), Vitamin C: 3.81mg (4.61%), Vitamin E: 0.59mg (3.93%), Vitamin K: 2.44µg (2.33%)