



Spiced Coffee Shake



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



133 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 tablespoons agave nectar
- ☐ 1 tablespoon almond butter
- ☐ 0.3 cup yogurt plain fat-free
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 10 ice cubes
- ☐ 0.8 cup strong cold room temperature brewed (or)

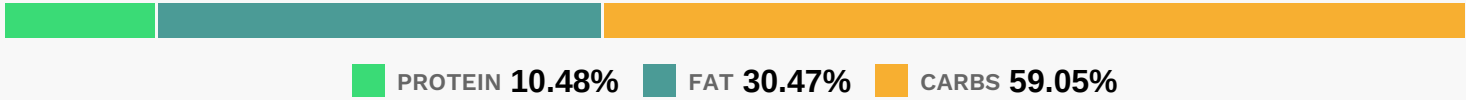
Equipment

- ☐ blender

Directions

☐ Combine all ingredients in a blender. Fill about halfway with ice cubes. Blend until foamy, icy, and well combined. Drink cold.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:2.4, Inflammation Score:-2, Nutrition Score:5.277826031751%

Flavonoids

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

Nutrients (% of daily need)

Calories: 132.88kcal (6.64%), Fat: 4.61g (7.09%), Saturated Fat: 0.37g (2.31%), Carbohydrates: 20.1g (6.7%), Net
Carbohydrates: 19.1g (6.95%), Sugar: 16.99g (18.88%), Cholesterol: 0.61mg (0.2%), Sodium: 30.28mg (1.32%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 35.55mg (11.85%), Protein: 3.57g (7.13%), Vitamin B2: 0.25mg
(14.65%), Vitamin E: 2.16mg (14.38%), Manganese: 0.24mg (11.86%), Calcium: 95.3mg (9.53%), Phosphorus: 91.76mg
(9.18%), Magnesium: 31.86mg (7.97%), Potassium: 183.4mg (5.24%), Copper: 0.09mg (4.75%), Vitamin K: 4.95µg
(4.72%), Vitamin C: 3.86mg (4.67%), Vitamin B5: 0.45mg (4.48%), Folate: 16.01µg (4%), Fiber: 1g (3.99%), Zinc:
0.59mg (3.94%), Vitamin B1: 0.06mg (3.74%), Vitamin B6: 0.07mg (3.74%), Vitamin B12: 0.19µg (3.11%), Vitamin B3:
0.61mg (3.04%), Selenium: 1.66µg (2.37%), Iron: 0.36mg (1.97%)