



## Summertime Wonder

 Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 teaspoon coconut extract
- 1.5 fluid ounce jigger coffee liqueur flavored kahlua® (such as )
- 1 cup ice cubes crushed
- 1 cup milk
- 2 teaspoons powdered non-dairy creamer
- 1 tablespoon cocoa powder unsweetened

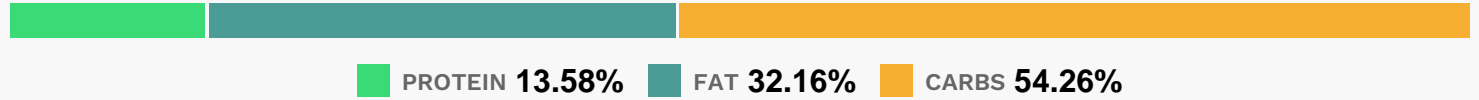
## Equipment

- blender

# Directions

Place the ice, milk, coffee flavored liqueur, powdered creamer, cocoa powder, and coconut extract into a blender. Cover, and puree until smooth.

# Nutrition Facts



# Properties

Glycemic Index:19, Glycemic Load:2.16, Inflammation Score:-3, Nutrition Score:5.1665216768565%

# Flavonoids

Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

# Nutrients (% of daily need)

Calories: 165.22kcal (8.26%), Fat: 4.81g (7.39%), Saturated Fat: 2.59g (16.18%), Carbohydrates: 18.24g (6.08%), Net Carbohydrates: 17.32g (6.3%), Sugar: 17.01g (18.9%), Cholesterol: 14.64mg (4.88%), Sodium: 57.99mg (2.52%), Alcohol: 5.24g (100%), Alcohol %: 2.45% (100%), Caffeine: 5.75mg (1.92%), Protein: 4.56g (9.13%), Calcium: 157.39mg (15.74%), Phosphorus: 144.8mg (14.48%), Vitamin B12: 0.66µg (10.98%), Vitamin B2: 0.18mg (10.33%), Vitamin D: 1.34µg (8.95%), Magnesium: 28.45mg (7.11%), Potassium: 232.24mg (6.64%), Copper: 0.12mg (5.79%), Manganese: 0.1mg (5.18%), Vitamin B1: 0.07mg (4.69%), Vitamin B5: 0.46mg (4.62%), Zinc: 0.68mg (4.56%), Vitamin A: 198.38IU (3.97%), Selenium: 2.73µg (3.9%), Vitamin B6: 0.08mg (3.88%), Fiber: 0.93g (3.7%), Iron: 0.35mg (1.95%)