



Vanilla Chai Coffee Cooler

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



72 kcal

BEVERAGE

DRINK

Ingredients

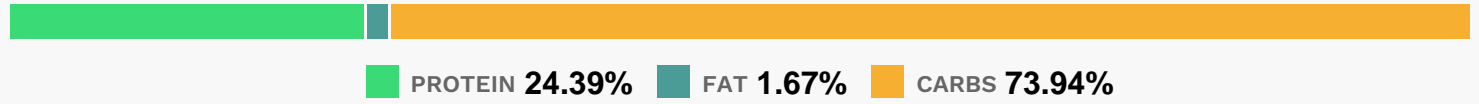
- 2 cups milk fat-free
- 0.1 tsp ground allspice
- 0.5 tsp ground cinnamon
- 4 tsp maxwell house coffee instant
- 2 Tbsp sugar
- 1 tsp vanilla
- 0.3 cup warm water

Equipment

Directions

- Stir all ingredients except milk in pitcher until coffee granules are dissolved.
- Add milk; stir.
- Serve over ice.

Nutrition Facts



Properties

Glycemic Index:30.84, Glycemic Load:6.19, Inflammation Score:-2, Nutrition Score:4.6121738661567%

Nutrients (% of daily need)

Calories: 72.26kcal (3.61%), Fat: 0.13g (0.2%), Saturated Fat: 0.06g (0.4%), Carbohydrates: 13.16g (4.39%), Net Carbohydrates: 12.97g (4.72%), Sugar: 12.31g (13.68%), Cholesterol: 3.67mg (1.23%), Sodium: 51.57mg (2.24%), Alcohol: 0.36g (100%), Alcohol %: 0.31% (100%), Caffeine: 31.4mg (10.47%), Protein: 4.34g (8.68%), Calcium: 167.38mg (16.74%), Phosphorus: 134.44mg (13.44%), Vitamin B12: 0.71µg (11.84%), Vitamin B2: 0.16mg (9.62%), Vitamin D: 1.35µg (8.98%), Potassium: 243.67mg (6.96%), Vitamin A: 251.18IU (5.02%), Magnesium: 18.52mg (4.63%), Vitamin B1: 0.07mg (4.6%), Vitamin B5: 0.44mg (4.4%), Manganese: 0.08mg (4.1%), Zinc: 0.56mg (3.76%), Selenium: 2.62µg (3.75%), Vitamin B6: 0.07mg (3.61%), Vitamin B3: 0.44mg (2.19%)