

Vanilla Chiller

 Gluten Free

READY IN



5 min.

SERVINGS



3

CALORIES



400 kcal

SIDE DISH

Ingredients

- 1 cup maxwell house vanilla coffee chilled flavored brewed
- 4 chocolate dark with honey and almond nougat, coarsely chopped ()
- 0.8 tsp baker's semi-sweet chocolate grated
- 2 cups whipped cream softened
- 6 Tbsp cool whip whipped topping thawed

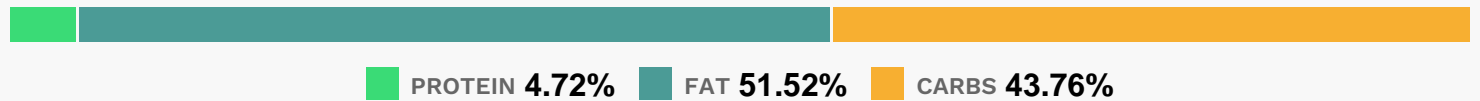
Equipment

- blender

Directions

- Place coffee and dark chocolate in blender; cover. Blend on high speed until chocolate is chopped into small pieces.
- Add ice cream; cover. Pulse until smooth.
- Pour into three tall glasses; top with whipped topping and grated chocolate.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.53, Glycemic Load:21.02, Inflammation Score:-4, Nutrition Score:7.3586955951608%

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, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin:
0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 399.52kcal (19.98%), Fat: 24.11g (37.1%), Saturated Fat: 14.76g (92.26%), Carbohydrates: 46.09g (15.36%),
Net Carbohydrates: 43.32g (15.75%), Sugar: 40.45g (44.95%), Cholesterol: 38.97mg (12.99%), Sodium: 84.56mg
(3.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 57.3mg (19.1%), Protein: 4.98g (9.95%), Vitamin B2:
0.37mg (21.74%), Phosphorus: 159.51mg (15.95%), Magnesium: 59.68mg (14.92%), Calcium: 130.33mg (13.03%),
Copper: 0.25mg (12.62%), Manganese: 0.23mg (11.3%), Fiber: 2.77g (11.07%), Potassium: 338.17mg (9.66%), Zinc:
1.22mg (8.16%), Vitamin A: 377.76IU (7.56%), Vitamin B5: 0.74mg (7.42%), Iron: 1.2mg (6.69%), Vitamin B12: 0.36µg
(6.06%), Selenium: 2.95µg (4.21%), Vitamin B1: 0.06mg (3.79%), Vitamin B6: 0.06mg (3.07%), Vitamin K: 3.07µg
(2.93%), Vitamin E: 0.42mg (2.81%), Vitamin B3: 0.52mg (2.61%), Folate: 7.37µg (1.84%), Vitamin D: 0.18µg (1.17%)