



Healthdor

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Iced Caramel High Rise ^{••}

The Iced Caramel High Rise is a refreshing beverage made with soy milk and caramel flavor. It is perfect for vegans and those who prefer a dairy-free option. This drink is enjoyed cold and is a popular choice during the summer months. It can be easily customized by adding or reducing the amount of caramel syrup for a sweeter or less sweet taste.

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 500 grams

Number of Servings: 1

Serving Size: 500 g

Ingredients

400 ml	Soy Milk
50 ml	caramel syrup
100 g	ice cubes

Directions

Step 1

Blending

In a blender, combine soy milk and caramel syrup.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Blending

Add ice cubes to the blender and blend until smooth.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Serving

Pour the mixture into a glass and serve chilled.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 4 g

Protein: 6 g

Carbohydrates: 35 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Sugars	25 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	300 mg	30%	30%
Iron	1 mg	12.5%	5.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	400 mg	11.76%	15.38%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
 Valentine's Day Mother's Day Father's Day New Year Anniversary
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
 Game Day

Cuisines

Italian Chinese Indian Mexican French Thai Japanese
 Mediterranean Greek Spanish German Korean Vietnamese American
 Middle Eastern

Kitchen Tools

Blender Slow Cooker

Course

Appetizers Drinks Salads Snacks Sauces & Dressings

Cultural

Chinese New Year

Diwali

Thanksgiving

Christmas

Halloween

Cost

\$10 to \$20

\$20 to \$30

\$30 to \$40

Over \$50

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Paleo Diet

Atkins Diet

Ketogenic Diet

Low Carb, High Fat (LCHF) Diet

Zone Diet

Ornish Diet

Nutrisystem Diet

Nordic Diet

Alkaline Diet

Macrobiotic Diet

Intermittent Fasting

16:8 Diet

OMAD (One Meal a Day) Diet

Low FODMAP Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

Engine 2 Diet

Blood Type Diet

Anti-Inflammatory Diet

Gluten-Free Diet

Low Glycemic Index Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The Gerson Therapy

The Scarsdale Diet

The Beverly Hills Diet

The Lemonade Diet

The Rice Diet

The Sleeping Beauty Diet

The French Women Don't Get Fat Diet

The F-Plan Diet

The Negative Calorie Diet

The Master Cleanse Diet

The SlimFast Diet

The Shangri-La Diet

The CICO (Calories In, Calories Out) Diet

The Eat-Clean Diet

The Bulletproof Diet

The Carnivore Diet

The Dukan Diet

The Starch Solution Diet

The GOLO Diet

The Dr. Sebi Diet

The Low-Residue Diet

The PCOS (Polycystic Ovary Syndrome) Diet

The IBS (Irritable Bowel Syndrome) Diet

The Low Oxalate Diet

The Diabetes Diet The Hypothyroidism Diet The Hyperthyroidism Diet

The Epilepsy Diet (Modified Atkins Diet for Seizures) The Parkinson's Disease Diet

The Multiple Sclerosis (MS) Diet The Fibromyalgia Diet

The Chronic Fatigue Syndrome Diet The Arthritis Diet The Osteoporosis Diet

The Heart-Healthy Diet The Non-Alcoholic Fatty Liver Disease (NAFLD) Diet

The High-Fiber Diet The Low-Fat Diet The High-Protein Diet

The Low-Protein Diet The High-Calcium Diet The High-Potassium Diet

The Low-Potassium Diet The High-Iron Diet The Low-Iron Diet

The Low-Phosphorus Diet The High-Vitamin D Diet The High-Vitamin C Diet

The High-Vitamin K Diet The Spring Detox Diet The Summer Weight Loss Diet

The Winter Warming Diet The High-Sulfur Diet The Psoriasis Diet

The Migraine Diet The Celiac Disease Diet The Gallbladder Diet

The Anti-Anxiety Diet The Adrenal Fatigue Diet The Hashimoto's Disease Diet

The Diverticulitis Diet The Restless Leg Syndrome Diet

The Interstitial Cystitis Diet The Gastroparesis Diet The Menopause Diet

The Fertility Diet The Breastfeeding Diet The Low-Nickel Diet

The Chronic Urticaria Diet The Raynaud's Disease Diet The Low Tyramine Diet

The Lactose-Free Diet The Fructose Malabsorption Diet

The Mast Cell Activation Syndrome (MCAS) Diet

The Irritable Larynx Syndrome (ILS) Diet The Sarcoidosis Diet

The Leaky Gut Syndrome Diet The Behçet's Disease Diet

The Graves' Disease Diet The Addison's Disease Diet

The Cushing's Syndrome Diet The Ankylosing Spondylitis Diet The Lupus Diet

The POTS (Postural Orthostatic Tachycardia Syndrome) Diet

The Chronic Obstructive Pulmonary Disease (COPD) Diet The Asthma Diet

The Sinusitis Diet The Seasonal Affective Disorder (SAD) Diet

The ADHD Diet (Attention Deficit Hyperactivity Disorder) The Autism Diet

The Bipolar Disorder Diet The Post-Traumatic Stress Disorder (PTSD) Diet

Blood Type O Diet

Blood Type A Diet

Blood Type B Diet

Blood Type AB Diet

Cooking Method

Frying

Boiling

Steaming

Microwaving

Blanching

Sautéing

Roasting

Smoking

Blending

Grinding

Freezing

Drying

Pickling

Sous Vide

Pasteurizing

Fermenting

Infusing

Pressing

Jellying

Carbonating

Whipping

Stirring

Simmering

Cutting

Cut

Mixing

Resting

Plating

Serving

Cooking

None

Stir-frying

Mashing

Preheating

Sprinkling

Heating

Refrigerating

Preparation

Cooling

Oven

Stove

Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Inflammatory bowel disease (IBD)

Irritable bowel syndrome (IBS)

Celiac disease

Diverticulitis

Hemorrhoids

Appendicitis

Gallstones

Pancreatitis

Liver disease

Gastroparesis

Gastroenteritis

Hepatitis

Colorectal cancer

Meal Type

Brunch

Lunch

Snack

Difficulty Level

Medium

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