



Healthdor

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## Iced Cappy Blast ♦♦

A refreshing and energizing drink made with espresso and milk, served over ice.

**Recipe Type:** Standard

**Prep Time:** 5 mins

**Cook Time:** N/A

**Total Time:** 5 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 1

**Serving Size:** 500 g

### Ingredients

30 g	Espresso
200 ml	milk
200 g	Ice
10 g	Sugar

### Directions

## Step 1

Brew a shot of espresso.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 2

Pour the espresso into a glass filled with ice.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 3

Add milk and sugar to taste.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 120 kcal

**Fat:** 4 g

**Protein:** 5 g

**Carbohydrates: 14 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	14 g	25.45%	28%
Fibers	0 g	0%	0%
Sugars	13 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

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

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	5 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	0 mg	0%	0%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	70 mg	3.04%	3.04%
Calcium	15 mg	1.5%	1.5%
Iron	0 mg	0%	0%
Potassium	230 mg	6.76%	8.85%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

# Recipe Attributes

## Seasonality

Fall

## Kitchen Tools

Slow Cooker

Blender

## Nutritional Content

Low Calorie

## Cuisines

Italian

## Diet

Anti-Inflammatory Diet

Mediterranean Diet

Vegetarian Diet

The Israeli Army Diet

## Course

Drinks

Salads

Sauces & Dressings

## Cultural

Chinese New Year

Diwali

## Cost

Under \$10

## Demographics

Senior Friendly

Teen Friendly

Diabetic Friendly

Heart Healthy

## Cooking Method

Boiling

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

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