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## Iced Berry White Mocha ♦♦

A refreshing iced beverage made with a combination of berry flavor, white mocha, dark chocolate, and skim milk. It's a perfect treat for coffee lovers on hot summer days.

**Recipe Type:** Standard

**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

20 g	dark chocolate
250 ml	skim milk
30 ml	berry syrup
30 ml	white mocha sauce
200 g	ice

# Directions

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## Step 1

Microwaving

Melt the dark chocolate in a microwave or using a double boiler.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 2

Blending

In a blender, combine the melted dark chocolate, skim milk, berry syrup, and white mocha sauce.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 3

Blending

Add ice to the blender and blend until smooth.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 4

Serving

Pour the mixture into a glass and serve.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 8 g

**Protein:** 6 g

**Carbohydrates:** 40 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	40 g	72.73%	80%
Fibers	2 g	5.26%	8%
Sugars	30 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	8 g	28.57%	32%
Cholesterol	5 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	200 mg	20%	20%
Iron	1 mg	12.5%	5.56%
Potassium	250 mg	7.35%	9.62%
Zinc	1 mg	9.09%	12.5%
Selenium	2 mcg	3.64%	3.64%

## 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

### Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium  
Sugar-Free High Vitamin C High Iron High Calcium

### Kitchen Tools

Blender Mixer Oven Stove Microwave Grill Slow Cooker  
Pressure Cooker Air Fryer Food Processor

### Course

Appetizers Main Dishes Side Dishes Desserts Drinks Breads Salads  
Soups Snacks Sauces & Dressings

### Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest  
Passover Ramadan St. Patrick's Day Thanksgiving Christmas Easter  
Halloween

### Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$30 to \$40 \$40 to \$50 Over \$50

### Demographics

Kids Friendly Senior Friendly Teen Friendly Pregnancy Safe  
Lactation Friendly Allergy Friendly Diabetic Friendly Heart Healthy

### Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)  
Flexitarian Diet Weight Watchers (WW) Diet  
MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet   Paleo Diet   The Whole30 Diet   Atkins Diet   Ketogenic Diet  
Low Carb, High Fat (LCHF) Diet   South Beach Diet   Zone Diet   Ornish Diet  
Nutrisystem Diet   TLC Diet (Therapeutic Lifestyle Changes)   Nordic Diet  
Okinawa Diet   Alkaline Diet   Macrobiotic Diet   Intermittent Fasting   5:2 Diet  
16:8 Diet   Warrior Diet   OMAD (One Meal a Day) Diet   Body for Life Diet  
Low FODMAP Diet   Slow Carb Diet   Vegetarian Diet   Vegan Diet  
Raw Food Diet   Pescatarian Diet   Ovo-Vegetarian Diet   Lacto-Vegetarian Diet  
Lacto-Ovo Vegetarian Diet   Fruitarian Diet   Engine 2 Diet   Blood Type Diet  
Ayurvedic Diet   Traditional Chinese Medicine (TCM) Diet   Anti-Inflammatory Diet  
The Acid Reflux Diet   Gluten-Free Diet   Low Glycemic Index Diet  
Low Sodium Diet   The Fast Metabolism Diet   Nutrient Timing Diet  
The 80/10/10 Diet   The Gerson Therapy   The Swiss Secret Diet  
The Scarsdale Diet   The Cabbage Soup Diet   The Hallelujah Diet  
The Mayo Clinic Diet   The Beverly Hills Diet   The Hollywood Diet  
The Lemonade Diet   The Grapefruit Diet   The Rice Diet  
The Sleeping Beauty Diet   The Baby Food Diet   The 3-Hour Diet  
The French Women Don't Get Fat Diet   The Cookie Diet   The F-Plan Diet  
The Israeli Army Diet   The Air Diet   The Breatharian Diet   The Werewolf Diet  
The Five-Bite Diet   The Negative Calorie Diet   The Ice Cream Diet  
The Master Cleanse Diet   The Subway Diet   The SlimFast Diet  
The Cambridge Diet   The Shangri-La Diet   The Best Life Diet   The 3-Day Diet  
The CICO (Calories In, Calories Out) Diet   The Eat-Clean Diet  
The Peanut Butter Diet   The Bulletproof Diet   The Carnivore Diet  
The Dukan Diet   The HCG Diet   The Optavia Diet   The Pritikin Diet  
The Starch Solution Diet   The Vertical Diet   The GOLO Diet  
The Gut and Psychology Syndrome (GAPS) Diet  
The Specific Carbohydrate Diet (SCD)   The Anti-Candida Diet   The Dr. Sebi Diet  
The Crohn's Disease Diet   The Ulcerative Colitis Diet   The Low-Residue Diet

The BRAT Diet (Bananas, Rice, Applesauce, Toast)

The GERD Diet (Gastroesophageal Reflux Disease)

The PCOS (Polycystic Ovary Syndrome) Diet

The SIBO (Small Intestinal Bacterial Overgrowth) Diet

The Histamine Intolerance Diet    The IBS (Irritable Bowel Syndrome) Diet

The Salicylate Sensitivity 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 Low Purine 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 Low-Vitamin K Diet

The Low-Copper Diet    The Spring Detox Diet    The Summer Weight Loss Diet

The Fall Immunity-Boosting Diet    The Winter Warming Diet    The Low-Sulfur Diet

The High-Sulfur Diet    The Eczema Diet    The Psoriasis Diet    The Rosacea Diet

The Acne Diet    The Migraine Diet    The Celiac Disease Diet

The Gallbladder Diet    The Kidney Stone Diet    The Anti-Anxiety Diet

The Depression Diet    The Adrenal Fatigue Diet    The Endometriosis Diet

The Hashimoto's Disease Diet    The Lyme Disease Diet    The Diverticulitis Diet

The Restless Leg Syndrome Diet    The Tinnitus Diet    The Interstitial Cystitis Diet

The Gastroparesis Diet    The Menopause Diet    The Post-Pregnancy Diet

The Fertility Diet    The Breastfeeding Diet    The Low-Nickel Diet

The Chronic Urticaria Diet    The Dysphagia Diet

The Chronic Kidney Disease (CKD) Diet    The Raynaud's Disease Diet



The Sjögren's Syndrome Diet   The Low Tyramine Diet   The Lactose-Free Diet  
The Fructose Malabsorption Diet   The Low-Histamine Diet  
The Mast Cell Activation Syndrome (MCAS) Diet  
The Irritable Larynx Syndrome (ILS) Diet   The Chronic Pancreatitis 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 Myasthenia Gravis Diet  
The POTS (Postural Orthostatic Tachycardia Syndrome) Diet  
The Eosinophilic Esophagitis (EoE) Diet  
The Chronic Obstructive Pulmonary Disease (COPD) Diet   The Asthma Diet  
The Sinusitis Diet   The Bronchiectasis Diet   The Insomnia Diet  
The Seasonal Affective Disorder (SAD) Diet  
The ADHD Diet (Attention Deficit Hyperactivity Disorder)   The Autism Diet  
The Bipolar Disorder Diet   The Schizophrenia 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

Grilling   Frying   Baking   Boiling   Steaming   Microwaving   Blanching  
Sautéing   Roasting   Smoking   Curing   Blending   Grinding   Freezing  
Canning   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

Supper

### Difficulty Level

Medium

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