



Healthdor

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Iced Espresso Truffle No Whip ♦♦

A delicious iced espresso truffle without whipped cream. Perfect for coffee lovers!

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 1

Serving Size: 200 g

Ingredients

30 g	Espresso
2 tbsp	chocolate syrup
180 ml	Milk
1 c	ice cubes

Directions

Step 1

Brew the espresso and let it cool.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blending

In a blender, combine the brewed espresso, chocolate syrup, milk, and ice cubes.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Blending

Blend until smooth and creamy.

Prep Time: 3 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 5 g

Protein: 4 g

Carbohydrates: 22 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	22 g	40%	44%
Fibers	1 g	2.63%	4%
Sugars	19 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	5 g	17.86%	20%
Cholesterol	10 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	6 mcg	250%	250%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	60 mg	2.61%	2.61%
Calcium	10 mg	1%	1%
Iron	2 mg	25%	11.11%
Potassium	170 mg	5%	6.54%
Zinc	2 mg	18.18%	25%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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

Meal Type

Lunch Dinner Snack Supper

Difficulty Level

Easy

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