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## Caffe Espresso Frappuccino · ·

A delicious and refreshing coffee-based beverage made with espresso, milk, and ice, blended to perfection. It's a perfect pick-me-up for coffee lovers!

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 400 grams

**Number of Servings:** 2

**Serving Size:** 200 g

### Ingredients

60 g	Espresso
240 ml	milk
200 g	Ice
30 g	Sugar
50 g	whipped cream
30 g	chocolate syrup

# Directions

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## Step 1

Brew a strong espresso and let it cool.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Blending

In a blender, combine the cooled espresso, milk, ice, and sugar. Blend until smooth.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 3

Pour the frappuccino into serving glasses.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 4

Top with whipped cream and drizzle with chocolate syrup.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 120 kcal

**Fat:** 5 g

**Protein:** 4 g

**Carbohydrates:** 15 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	15 g	27.27%	30%
Fibers	0 g	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	2 g	9.09%	11.76%
Fat	5 g	17.86%	20%
Cholesterol	10 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	4 iu	0.44%	0.57%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## 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

Summer Fall

### Events

Christmas Barbecue

### Course

Drinks Salads Sauces & Dressings

### Cultural

Chinese New Year Diwali

### Cost

Under \$10

### Demographics

Senior Friendly

## Diet

Vegetarian Diet

Ayurvedic Diet

The Gerson Therapy

The Beverly Hills Diet

The Subway Diet

The 3-Day Diet

The Carnivore Diet

The Starch Solution Diet

The Specific Carbohydrate Diet (SCD)

## Meal Type

Lunch

Snack

Supper

## Difficulty Level

Easy

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