



Healthdor

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## Frozen Mocha Blast ♦♦

The Frozen Mocha Blast is a refreshing and energizing drink that combines the flavors of coffee and chocolate. It is perfect for a hot summer day or as a pick-me-up in the afternoon. The drink is made with a blend of coffee, chocolate syrup, milk, and ice, resulting in a creamy and delicious treat.

**Recipe Type:** Standard

**Prep Time:** 5 mins

**Cook Time:** N/A

**Total Time:** 5 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 2

**Serving Size:** 250 g

### Ingredients

20 g	Coffee
30 g	chocolate syrup
200 ml	Milk
200 g	Ice

# Directions

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## Step 1

Brew a strong cup of coffee and let it cool.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Blending

In a blender, combine the coffee, chocolate syrup, milk, and ice.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 3

Blending

Blend until smooth and creamy.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

Pour into glasses and serve chilled.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 4 g

**Protein:** 5 g

**Carbohydrates:** 45 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	45 g	81.82%	90%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	2 g	5.26%	8%
Sugars	40 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	3 g	13.64%	17.65%
Fat	4 g	14.29%	16%
Cholesterol	10 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	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	50 mg	2.17%	2.17%
Calcium	15 mg	1.5%	1.5%
Iron	8 mg	100%	44.44%
Potassium	200 mg	5.88%	7.69%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### 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

### Course

Drinks Snacks

### Meal Type

Snack Supper

### Difficulty Level

Easy

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