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## Coffee Frappuccino Light Blended Coffee with Whipped Cream ♦

A refreshing and light coffee beverage made with blended coffee and topped with whipped cream. Perfect for a hot summer day or as a pick-me-up in the afternoon.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 2

**Serving Size:** 250 g

### Ingredients

1 c	Coffee
2 c	Ice
1 c	Milk
2 tbsp	Sugar
0.5 c	whipped cream

## Directions

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### Step 1

Brew a 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 cooled coffee, ice, milk, and sugar. Blend until smooth.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 3

Pour the blended coffee into glasses and top with whipped cream.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 150 kcal

**Fat:** 0 g

**Protein:** 2 g

**Carbohydrates:** 35 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Fibers	0 g	0%	0%
Sugars	30 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	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 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	10 mg	0.43%	0.43%
Calcium	6 mg	0.6%	0.6%
Iron	0 mg	0%	0%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	0 mcg	0%	0%

## 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

### Course

Appetizers Drinks

### Meal Type

Lunch

Snack

Supper

## Difficulty Level

Easy

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