



Healthdor

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Cappuccino Milkshake ♦♦

A delicious and creamy milkshake with the flavors of a cappuccino. Perfect for coffee lovers!

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

500 g	vanilla ice cream
120 ml	espresso or strong brewed coffee
120 ml	Milk
30 g	Sugar
60 g	whipped cream
10 g	Cocoa Powder

Directions

Step 1

Blender

In a blender, combine the vanilla ice cream, espresso or coffee, milk, and sugar. Blend until smooth and creamy.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Pour the milkshake into glasses and top with whipped cream.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Dust with cocoa powder for garnish.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Serve and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 20 g

Protein: 5 g

Carbohydrates: 40 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	40 g	72.73%	80%
Fibers	1 g	2.63%	4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	4 mcg	166.67%	166.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	15 mg	1.5%	1.5%
Iron	4 mg	50%	22.22%
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 Salads

Meal Type

Breakfast Lunch Snack

Difficulty Level

Easy

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