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# Low-Carb Coffee Protein Shake \*

A delicious and nutritious low-carb coffee protein shake. Perfect for a quick and healthy breakfast or snack. This shake is packed with protein and will keep you feeling full and energized throughout the day.

Recipe Type: Standard Prep Time: 5 mins

Cook Time: N/A Total Time: 5 mins

Recipe Yield: 250 grams Number of Servings: 1

Serving Size: 250 g

# **Ingredients**

| 250 ml | Coffee         |
|--------|----------------|
| 30 g   | protein powder |
| 200 ml | almond milk    |
| 100 g  | ice cubes      |
| 2 g    | stevia         |

# **Directions**

### Step 1

Brew a cup of coffee and let it cool.

Prep Time: 5 mins

Cook Time: 0 mins

# Step 2

#### Blender

In a blender, combine the cooled coffee, protein powder, almond milk, ice cubes, stevia, and cocoa powder.

Prep Time: 0 mins

Cook Time: 0 mins

# Step 3

Blender

Blend until smooth and creamy.

Prep Time: 0 mins

Cook Time: 0 mins

### Step 4

Pour into a glass and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

# **Nutrition Facts**

Calories: 150 kcal

**Fat:** 3 g

Protein: 25 g

Carbohydrates: 7 g

# **Nutrition Facts**

#### **Proteins**

| Nutrient | Value | % Daily<br>Intake<br>(Males) | % Daily<br>Intake<br>(Females) |
|----------|-------|------------------------------|--------------------------------|
| Protein  | 25 g  | 147.06%                      | 147.06%                        |

# Carbohydrates

| Nutrient      | Value | % Daily<br>Intake<br>(Males) | % Daily<br>Intake<br>(Females) |
|---------------|-------|------------------------------|--------------------------------|
| Carbohydrates | 7 g   | 12.73%                       | 14%                            |
| Fibers        | 2 g   | 5.26%                        | 8%                             |
| Sugars        | 1 g   | N/A                          | N/A                            |
| Lactose       | 0 g   | N/A                          | N/A                            |

### **Fats**

| Nutrient            | Value | % Daily<br>Intake<br>(Males) | % Daily<br>Intake<br>(Females) |
|---------------------|-------|------------------------------|--------------------------------|
| Monounsaturated Fat | 0 g   | N/A                          | N/A                            |
| Saturated Fat       | 0 g   | 0%                           | 0%                             |
| Fat                 | 3 g   | 10.71%                       | 12%                            |
| Cholesterol         | 0 mg  | N/A                          | N/A                            |

### **Vitamins**

| Nutrient    | Value  | % Daily<br>Intake<br>(Males) | % Daily<br>Intake<br>(Females) |
|-------------|--------|------------------------------|--------------------------------|
| Vitamin A   | 0 iu   | 0%                           | 0%                             |
| Vitamin C   | 0 mg   | 0%                           | 0%                             |
| Vitamin B6  | 10 mg  | 769.23%                      | 769.23%                        |
| Vitamin B12 | 50 mcg | 2083.33%                     | 2083.33%                       |
| Vitamin E   | 0 mg   | 0%                           | 0%                             |

| Nutrient  | Value | % Daily<br>Intake<br>(Males) | % Daily<br>Intake<br>(Females) |
|-----------|-------|------------------------------|--------------------------------|
| Vitamin D | 0 mcg | 0%                           | 0%                             |

#### **Minerals**

| Nutrient  | Value  | % Daily<br>Intake<br>(Males) | % Daily<br>Intake<br>(Females) |
|-----------|--------|------------------------------|--------------------------------|
| Sodium    | 100 mg | 4.35%                        | 4.35%                          |
| Calcium   | 20 mg  | 2%                           | 2%                             |
| Iron      | 6 mg   | 75%                          | 33.33%                         |
| Potassium | 200 mg | 5.88%                        | 7.69%                          |
| Zinc      | 8 mg   | 72.73%                       | 100%                           |
| Selenium  | 15 mcg | 27.27%                       | 27.27%                         |

# **Recipe Attributes**

#### **Nutritional Content**

Low Carb High Protein Low Calorie Low Fat High Fiber Low Sodium

Sugar-Free High Vitamin C High Iron

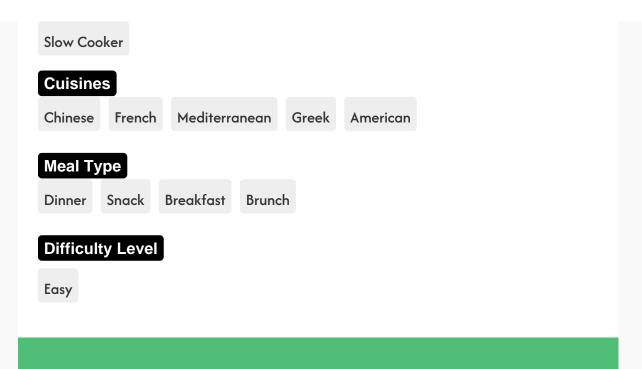
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