



Healthdor

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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

<b>250 ml</b>	Coffee
<b>30 g</b>	protein powder
<b>200 ml</b>	almond milk
<b>100 g</b>	ice cubes
<b>2 g</b>	stevia

5 g cocoa powder

## 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

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

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### Step 3

Blender

Blend until smooth and creamy.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## 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 Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (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 Intake (Males)	% Daily Intake (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 Intake (Males)	% Daily Intake (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 Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (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

### Course

Drinks

Snacks

### Cultural

Chinese New Year

### Kitchen Tools

Slow Cooker

### Cuisines

Chinese

French

Mediterranean

Greek

American

### Meal Type

Dinner

Snack

Breakfast

Brunch

### Difficulty Level

Easy

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