



Healthdor

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Turbo Shot

The Turbo Shot is a powerful energy drink designed to give you a quick boost of energy. It is consumed as a shot and is perfect for those who need a pick-me-up during the day.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: N/A

Total Time: 5 mins

Recipe Yield: 30 grams

Number of Servings: 1

Serving Size: 30 g

Ingredients

1 oz	Espresso
1 tsp	sugar
1 oz	Water

Directions

Step 1

Brew a shot of espresso.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Stirring

Add sugar to the espresso and stir until dissolved.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Stirring

Add water to the espresso mixture and stir well.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 20 kcal

Fat: 0 g

Protein: 0 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	0 g	0%	0%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	0 g	0%	0%
Sugars	4 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	0 iu	0%	0%
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	0 mg	0%	0%
Calcium	0 mg	0%	0%
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

Events

Christmas Thanksgiving Barbecue

Course

Snacks Drinks Sauces & Dressings

Cultural

Chinese New Year Halloween

Cost

Under \$10

Demographics

Lactation Friendly Diabetic Friendly Heart Healthy

Diet

Weight Watchers (WW) Diet Nordic Diet Low FODMAP Diet Vegetarian Diet
Vegan Diet Raw Food Diet Ovo-Vegetarian Diet The Mayo Clinic Diet

Meal Type

Snack

Difficulty Level

Easy

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