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Iced Coffee with Skim Milk & Sugar [•]

Iced coffee is a refreshing and energizing beverage that is perfect for hot summer days. This recipe combines the smoothness of skim milk with the sweetness of sugar to create a delicious and satisfying drink. Whether you're looking for a pick-me-up in the morning or a refreshing treat in the afternoon, this iced coffee recipe is sure to hit the spot.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: N/A

Total Time: 5 mins

Recipe Yield: 500 grams

Number of Servings: 1

Serving Size: 500 g

Ingredients

15 g	Coffee
250 ml	skim milk
10 g	Sugar

Directions

Step 1

Brew a strong cup of coffee.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Let the coffee cool to room temperature.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Fill a glass with ice cubes.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Pour the cooled coffee over the ice cubes.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Add skim milk and sugar to taste.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Stir well and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 25 kcal

Fat: 0 g

Protein: 1 g

Carbohydrates: 4 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	4 g	7.27%	8%
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)
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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	20 mg	0.87%	0.87%
Calcium	4 mg	0.4%	0.4%
Iron	0 mg	0%	0%
Potassium	80 mg	2.35%	3.08%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Thanksgiving

Barbecue

Cuisines

Italian

Middle Eastern

Nutritional Content

Low Calorie

Course

Drinks

Salads

Sauces & Dressings

Cost

\$10 to \$20

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

Vegetarian Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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