

Keto Iced Coffee

🕒 10 min 🍵 1 serving

102 Kcal / serving

3g Protein 8g Fat 7g Carbs

Ingredients

- Almond Milk, 1 cup (262 g)
- Coffee (Unsweetened), 1 cup (248 g)
- Stevia, 1 tsp (2 g)
- Coconut Cream, 1 tbsp (15 g)
- Natvia Chocolate Syrups, sugar free, 1 tbsp (15 g)
- Ice Cubes, 1 cup (237 g)



Instructions

1. Place all of the ingredients into a blender, and blend until combined.
2. Add more stevia if desired.
3. Drizzle a tall glass with some sugar free chocolate syrup, and pour in the iced coffee and serve.

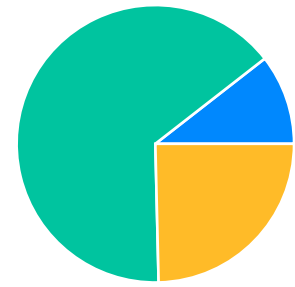
Comments

Keto, Vegan, Dairy Free, FODMAP friendly, Gluten Free

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	101.6	13	101.6
Protein [g]	3	0.4	3
Fat [g]	8.1	1	8.1

Carbs [g]	6.9	0.9	6.9
Fiber [g]	0.4	0.1	0.4
Net Carbs [g]	6.5	0.8	6.5



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Calcium, Ca [mg]	546.5	70.2	546.5
Iron, Fe [mg]	1.3	0.2	1.3
Magnesium, Mg [mg]	37.2	4.8	37.2
Phosphorus, P [mg]	51.9	6.7	51.9
Potassium, K [mg]	348.3	44.7	348.3
Sodium, Na [mg]	225.3	28.9	225.3
Zinc, Zn [mg]	0.4	0.1	0.4
Vitamin A, RAE [ug]	112.7	14.5	112.7
Vitamin E [mg]	7.4	0.9	7.4
Vitamin D [ug]	2.6	0.3	2.6
Vitamin C [mg]	0.4	0.1	0.4
Thiamin [mg]	0.2	0	0.2
Riboflavin [mg]	0.1	0	0.1
Niacin [mg]	2.3	0.3	2.3
Vitamin B6 [mg]	0	0	0
Vitamin B12 [ug]	0	0	0
Vitamin K [ug]	0	0	0