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Wendy's vanilla frosty ccino calories

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Carbs Fats GI CG* Add to the nutritional calculator the selected quantity by clicking on "Add to Dish x" and calculate how many calories, proteins, fats, carbohydrates, glycemic index (I.G.) and glycemic load (GL) your food has. *CG: Glycemic load Register And save as many dishes and recipes as you want, access the diary... Dessert Qty Kcal Proteins Carbs Fats GI CG* Add to the nutritional calculator the selected quantity by clicking on "Add to Dessert" and count how many calories, proteins, fats, carbohydrates, glycemic index (I.G.) and glycemic load (GL) your food has. *CG: Glycemic load Register And save as many dishes and recipes as you want, access the diary... Here you can find the total computation for the nutritional information of all the dishes included in your nutritional calculator. Kcal Proteins Carbs Fats GI CG* When we heard that Wendy's had managed to cross two of our favorite things, the fast food chain's classic Frosty and coffee, it really got our attention (via Eat This, Not That). In a world of mashups, the Frosty-ccino seems to be a clear winner. Described by the Wendy's website as cold brew coffee swirled with vanilla Frosty and served over ice, we think this delectable caffeine-filled combo is the perfect treat for a mid-morning snack or an afternoon pick-me-up. The beverage itself appears to be more reminiscent to an iced latte than a Frappuccino, lacking the thick texture of the Starbucks beverage. Both drinks do, however, come in at a similar calorie count, around 200 calories for a small (via Starbucks). While this treat is officially made with Wendy's vanilla Frosty mix, don't worry chocolate-lovers, it looks like they make it pretty easy to customize your own chocolate Frosty-ccino too. In a post uploaded to the social media platform Instagram, user @jeanette_k_stuart captioned a photo of the new drink, "A Wendy's chocolate frosty with coffee... it's so tasty." Now, when we think coffee, we usually think breakfast, and that is exactly what Wendy's was thinking as well. The Frosty-ccino is part of Wendy's new breakfast rollout that actually began on March 2nd. While many of us were anxiously reading headlines about a new novel coronavirus, the Breakfast Baconater was making its debut (via Cleveland). The menu originally rolled out to 6,000 restaurants nationwide and also featured signature sandwiches like the Maple Bacon Chicken Croissant and Honey Butter Chicken Biscuit, and homestyle potatoes that look to us a little like potato wedges with seasoning. Wendy's President Kurt Kane says crews will be hand-cracking fresh eggs. "People deserve a delicious, affordable and higher quality breakfast than what they're currently getting, so that's exactly what we're going to serve..." Describing the breakfast combos, one taster shared on Instagram that the Breakfast Baconater, "... contains a Grilled Sausage patty, American cheese, Applewood smoked bacon, an egg, more bacon & it's covered in Swiss Cheese sauce!" When talking about the new signature drink, this Wendy's fan thinks the iced coffee and frosty hybrid is a clear winner, writing "I've already tried Frostyccino (my third one since breakfast started last week), also the Maple Bacon Chicken Croissant & Seasoned Potatoes which were also amazing!" Clearly a big Wendy's breakfast fan! These new-ish Wendy's breakfast items look like they'll satisfy most any fast food cravings, and we can't wait to get our hands of the Frostyccino in both traditional vanilla and the off-menu chocolate. Wendy's drive-through — here we come! There are 210 calories in a Small Vanilla Frosty-ccino from Wendy's. Most of those calories come from carbohydrates (67%). Does Not Contain*UnknownAllergy Information: a Wendy's Vanilla Frosty-ccino contains milk, a Wendy's Vanilla Frosty-ccino does not contain egg, fish, gluten, peanuts, shellfish, soy, tree nuts or wheat.** Please keep in mind that most fast food restaurants cannot guarantee that any product is free of allergens as they use shared equipment for prepping foods. Vanilla Frosty®-ccino: Ice, Vanilla Frosty® (Milk, Sugar, Corn Syrup, Cream, Non Fat Dry Milk, Whey, Contains Less than 1% of Guar Gum, Mono and Diglycerides, Cellulose Gum, Carrageenan, Calcium Sulfate, Sodium Citrate, Natural Flavor, Molasses, Annatto Extract [Color], Vitamin A Palmitate. CONTAINS: MILK), Water, Coffee Extract (Filtered Water, Coffee). Restaurants Wendy'sCoffeeVanilla Frosty-ccino Wendy's Vanilla Frosty-ccinos contain between 210-310 calories, depending on your choice of sizes. Choose from the sizes below to see the full nutrition facts, ingredients and allergen information.Updated: 8/17/2020 Wendy's breakfast menu is officially here, and one of its buzz-worthy stars is the Frosty-ccino—a refreshing and surprisingly light beverage that combines two classics over ice: A chocolate or vanilla Frosty and cold brew coffee. One sip of the Frosty-ccino, and you might just ditch your beloved Starbucks Frappuccino forever. Yes, it tastes that good. But, is it that good for you? Let's take a closer look at the full nutrition breakdown of these two morning drinks: Wendy's Vanilla Frosty-ccino Courtesy of Wendy's At first glance, it's kind of jarring to see how large a small-sized drink from Wendy's actually is (it's 20 fluid ounces!). The whole shebang clocks in at a little over 200 calories with a whopping 28 grams of sugar. This, friends, is very high, and not an ideal way to kick off your morning. Hello, sugar rush. As someone who's not a coffee drinker in the slightest, I found myself guzzling the chocolate Frosty-ccino during an exclusive tasting of the fast-food giant's latest breakfast options, then (happily) having a few sips of a vanilla version too. (It was in the name of research, okay?) A Frosty is my all-time favorite fast-food dessert, so I wasn't surprised to be such a fan of this new menu addition. But, I was expecting it to be a blended, frozen drink (like the famous fraps from Starbucks). I was pleasantly surprised to discover the coffee-infused beverage is more along the lines of a basic iced coffee, so it was light and easy to, well, drink rather quickly. I didn't really feel any sort of jolt of energy from caffeine, but I did find myself thoroughly enjoying the Frosty-ccino so much so that it truly put a smile on my face. Starting your day in a good mood is a bonus, right? Starbucks Café Vanilla Frappuccino Blended Beverage Courtesy of Starbucks Wow, There's a staggering 84 grams of sugar in a large-sized Starbucks frap, and half a gram of trans fat. It's no secret how dangerous trans fats can be, as they can lower your HDL levels (good cholesterol) and even trigger heart disease, stroke, and diabetes, according to Harvard Health. Basically, you want to avoid consuming them any chance you get. When you order this drink, you'll find yourself sipping on Starb's Frappuccino roast coffee and vanilla bean powder, which is combined with milk and ice and topped with whipped cream. Your first sip is going to be a total sugar rush, as there's a good chance you're mostly just tasting whipped cream, something tends to happen often with any drink from Starbucks. But after that immediate rush of sweetness, you're met with a mild vanilla flavor that isn't too overpowering mixed in with the coffee. It's not the most memorable drink, but it's not the worst tasting, either. So where is all that excessive sugar coming from then? The drink itself is made of ice, milk, coffee Frappuccino syrup, vanilla syrup, vanilla bean powder, coffee, and whipped cream, so there are a lot of components to this frozen treat that are packing plenty of the sweet stuff. Related: Dunkin's Irish Creme-Flavored Coffee Is Back—But Is It Worth the Hype? Final verdict As someone who never begins her day with coffee of any kind, I thoroughly enjoyed Wendy's Frosty-ccino. Both the vanilla and chocolate varieties do not disappoint! That said, is it a healthy drink? Nope, no, none. But, it's still a much better-for-you option than a Starbucks Frappuccino. It's safe to say Wendy's Frosty-ccino is an overall not-that-terrible-for-you iced coffee treat for those days when you really just need a little something extra to get you feeling ready to take on the day. Just be sure to make this a sometimes treat, and not an everyday drink, and you'll be golden. Eat better.Feel better.

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