



Abbey's White Chocolate Latte

 Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



71 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup espresso grounds brewed
- ☐ 1 tablespoon heavy cream
- ☐ 1.5 cups milk
- ☐ 0.1 teaspoon vanilla extract
- ☐ 0.3 cup chocolate chips white chopped
- ☐ 1 tablespoon sugar white

Equipment

- ☐ sauce pan

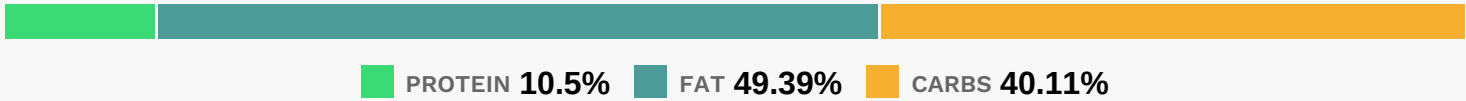
☐

whisk

Directions

- ☐ Combine the milk and cream in a saucepan, and whisk over high heat until hot and frothy.
- ☐ Remove from heat and stir in the vanilla and sugar.
- ☐ Whisk together hot espresso and white chocolate chips in a mug until smooth. If you are making two, pour half into another mug. Top with the frothy hot milk and stir to blend in the flavoring.

Nutrition Facts



Properties

Glycemic Index:22.26, Glycemic Load:4.18, Inflammation Score:-1, Nutrition Score:2.3104348125989%

Nutrients (% of daily need)

Calories: 71.43kcal (3.57%), Fat: 3.98g (6.12%), Saturated Fat: 2.39g (14.92%), Carbohydrates: 7.27g (2.42%), Net Carbohydrates: 7.26g (2.64%), Sugar: 7.08g (7.87%), Cholesterol: 8.79mg (2.93%), Sodium: 25.04mg (1.09%), Alcohol: 0.02g (100%), Alcohol %: 0.04% (100%), Caffeine: 31.27mg (10.42%), Protein: 1.9g (3.8%), Calcium: 69.02mg (6.9%), Vitamin B2: 0.11mg (6.41%), Phosphorus: 58.23mg (5.82%), Vitamin B12: 0.28µg (4.69%), Magnesium: 18.1mg (4.53%), Vitamin B3: 0.86mg (4.3%), Vitamin D: 0.53µg (3.55%), Potassium: 103.58mg (2.96%), Vitamin B5: 0.21mg (2.14%), Vitamin A: 103.36IU (2.07%), Vitamin B1: 0.03mg (1.98%), Selenium: 1.19µg (1.7%), Zinc: 0.24mg (1.61%), Vitamin B6: 0.03mg (1.6%)