



Bourbon Cappuccino

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



121 kcal

BEVERAGE

DRINK

Ingredients

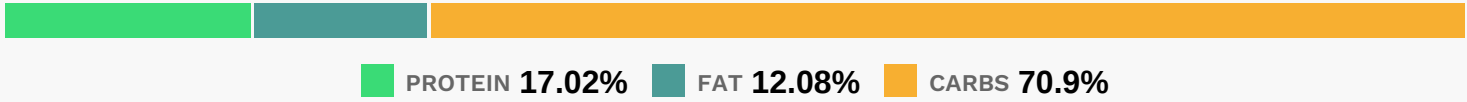
- ☐ 2 tablespoons bourbon
- ☐ 2 tablespoons brown sugar
- ☐ 2 cups hot-brewed coffee hot brewed
- ☐ 2 cups chocolate milk 2% low-fat

Equipment

Directions

- ☐ Combine coffee and brown sugar, stirring until brown sugar dissolves. Stir in low-fat chocolate milk and bourbon; cover and chill.
- ☐ To serve, dip rims of 4 stemmed glasses in water and then in sugar to coat rims.
- ☐ Pour 1 cup cappuccino into each glass.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:5.2626086862191%

Flavonoids

Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg
Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Myricetin: 0.06mg,
Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin:
0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 121.31kcal (6.07%), Fat: 1.41g (2.17%), Saturated Fat: 0.77g (4.83%), Carbohydrates: 18.64g (6.21%), Net
Carbohydrates: 18.51g (6.73%), Sugar: 18.25g (20.27%), Cholesterol: 6.25mg (2.08%), Sodium: 85.38mg (3.71%),
Alcohol: 2.51g (100%), Alcohol %: 1.24% (100%), Caffeine: 48.65mg (16.22%), Protein: 4.47g (8.95%), Vitamin B2:
0.4mg (23.48%), Calcium: 168.6mg (16.86%), Phosphorus: 124.1mg (12.41%), Vitamin D: 1.38µg (9.17%), Potassium:
281.2mg (8.03%), Vitamin B5: 0.69mg (6.86%), Manganese: 0.13mg (6.43%), Magnesium: 20.34mg (5.09%),
Vitamin A: 245IU (4.9%), Vitamin B12: 0.29µg (4.79%), Zinc: 0.57mg (3.77%), Vitamin B1: 0.06mg (3.72%), Selenium:
2.45µg (3.5%), Vitamin B6: 0.06mg (3.12%), Copper: 0.04mg (2.09%), Vitamin B3: 0.39mg (1.94%), Iron: 0.34mg
(1.92%), Folate: 6.18µg (1.54%)