



## Cafe au Lait

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



8

CALORIES



74 kcal

BEVERAGE

DRINK

### Ingredients

- 1 cup hazelnut coffee flavored
- 4 cups milk warmed
- 4 cups water cold

### Equipment

### Directions

Prepare coffee with cold water in coffee maker. To serve, pour equal amounts of brewed coffee and warm milk into mugs or cups. Sweeten to taste, if desired.

## Nutrition Facts

**PROTEIN 21.78%** **FAT 47.47%** **CARBS 30.75%**

### Properties

Glycemic Index:4.75, Glycemic Load:2.16, Inflammation Score:-2, Nutrition Score:4.2134782019193%

### Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg  
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.01mg, Myricetin:  
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:  
0.01mg

### Nutrients (% of daily need)

Calories: 73.5kcal (3.67%), Fat: 3.91g (6.02%), Saturated Fat: 2.27g (14.19%), Carbohydrates: 5.7g (1.9%), Net  
Carbohydrates: 5.7g (2.07%), Sugar: 5.87g (6.52%), Cholesterol: 14.64mg (4.88%), Sodium: 52.87mg (2.3%),  
Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 11.85mg (3.95%), Protein: 4.04g (8.07%), Calcium: 154.2mg  
(15.42%), Phosphorus: 124.11mg (12.41%), Vitamin B2: 0.19mg (11.23%), Vitamin B12: 0.66µg (10.98%), Vitamin D:  
1.34µg (8.95%), Potassium: 197.52mg (5.64%), Vitamin B5: 0.53mg (5.3%), Vitamin B1: 0.07mg (4.83%), Magnesium:  
16.71mg (4.18%), Vitamin A: 197.64IU (3.95%), Vitamin B6: 0.07mg (3.74%), Zinc: 0.52mg (3.45%), Selenium: 2.32µg  
(3.31%), Copper: 0.02mg (1.04%)