



Cafe Latte



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



74 kcal

BEVERAGE

DRINK

Ingredients



1.3 cups freshly roast espresso coffee dark hot brewed



2 cups milk

Equipment



sauce pan

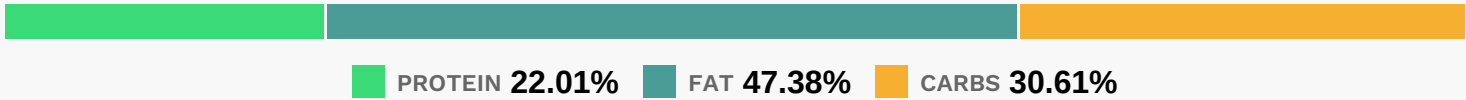


whisk

Directions

- ☐ Heat milk in a saucepan set over medium-low heat.
- ☐ Whisk briskly with a wire whisk to create foam. Brew espresso and pour into 4 cups.
- ☐ Pour in milk, holding back the foam with a spoon. Spoon foam over the top.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:2.16, Inflammation Score:-2, Nutrition Score:4.4339130012238%

Flavonoids

Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg
Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Myricetin: 0.04mg,
Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin:
0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 73.99kcal (3.7%), Fat: 3.92g (6.03%), 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: 47.94mg (2.08%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 31.6mg (10.53%), Protein: 4.1g (8.19%), Calcium: 151.64mg
(15.16%), Vitamin B2: 0.23mg (13.44%), Phosphorus: 125.59mg (12.56%), Vitamin B12: 0.66µg (10.98%), Vitamin D:
1.34µg (8.95%), Vitamin B5: 0.66mg (6.56%), Potassium: 221.71mg (6.33%), Vitamin B1: 0.08mg (5.29%),
Magnesium: 17.01mg (4.25%), Vitamin A: 197.64IU (3.95%), Vitamin B6: 0.08mg (3.76%), Zinc: 0.52mg (3.44%),
Selenium: 2.32µg (3.31%), Vitamin B3: 0.28mg (1.39%), Manganese: 0.02mg (1.15%)