



Cafe Mocha Latte

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



198 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 0.3 cup chocolate syrup
- ☐ 1.5 cups half-and-half
- ☐ 2 cups strong coffee decoction brewed
- ☐ 1 teaspoon vanilla extract

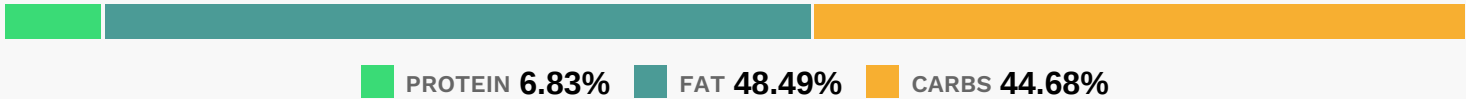
Equipment

- ☐ sauce pan

Directions

- ☐ Heat half-and-half in a saucepan over medium-high heat. (Do not boil.)
- ☐ Remove from heat; stir in brown sugar, next 3 ingredients, and, if desired, whiskey.
- ☐ Serve warm or over ice.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:4.4726087269576%

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
Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 198.06kcal (9.9%), Fat: 10.67g (16.42%), Saturated Fat: 6.48g (40.5%), Carbohydrates: 22.12g (7.37%), Net Carbohydrates: 21.63g (7.87%), Sugar: 19g (21.12%), Cholesterol: 31.76mg (10.59%), Sodium: 73mg (3.17%), Alcohol: 0.34g (100%), Alcohol %: 0.19% (100%), Caffeine: 48.53mg (16.17%), Protein: 3.38g (6.77%), Vitamin B2: 0.28mg (16.26%), Phosphorus: 114.25mg (11.43%), Calcium: 107.19mg (10.72%), Potassium: 229.32mg (6.55%), Vitamin A: 321.26IU (6.43%), Magnesium: 25.48mg (6.37%), Vitamin B5: 0.57mg (5.74%), Copper: 0.11mg (5.5%), Manganese: 0.11mg (5.3%), Selenium: 3.24µg (4.63%), Zinc: 0.52mg (3.45%), Vitamin B1: 0.05mg (3.04%), Vitamin B12: 0.17µg (2.87%), Iron: 0.5mg (2.76%), Vitamin B6: 0.05mg (2.52%), Vitamin B3: 0.4mg (1.98%), Fiber: 0.49g (1.95%), Vitamin E: 0.24mg (1.62%), Folate: 5.53µg (1.38%), Vitamin K: 1.39µg (1.33%), Vitamin C: 0.85mg (1.04%)