



## Chocolate Cappuccino

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



157 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 1 cup chocolate
- ☐ 2 cups espresso grounds hot brewed
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 tablespoons maple syrup
- ☐ 1.5 cups milk whole

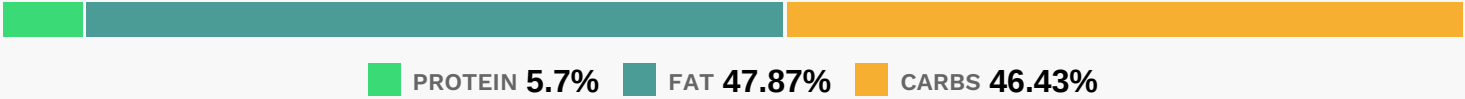
### Equipment

- ☐ microwave

# Directions

☐ Combine liqueur and syrup in a microwave-safe dish; heat on HIGH for 30 seconds. Divide liqueur mixture among 8 mugs; add 1/4 cup espresso to each. Froth milk; pour about 1/4 cup milk into each mug. Top with ground cinnamon; garnish with chocolate shavings, if desired.

## Nutrition Facts



## Properties

Glycemic Index:15.26, Glycemic Load:7.16, Inflammation Score:-3, Nutrition Score:5.5408696467462%

## Nutrients (% of daily need)

Calories: 157.32kcal (7.87%), Fat: 9.05g (13.93%), Saturated Fat: 5.3g (33.11%), Carbohydrates: 19.75g (6.58%), Net Carbohydrates: 18.52g (6.73%), Sugar: 16.46g (18.29%), Cholesterol: 5.49mg (1.83%), Sodium: 29.6mg (1.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 139.52mg (46.51%), Protein: 2.43g (4.85%), Magnesium: 78.5mg (19.62%), Vitamin B2: 0.28mg (16.68%), Vitamin B3: 3.27mg (16.37%), Manganese: 0.27mg (13.27%), Phosphorus: 82.53mg (8.25%), Copper: 0.16mg (7.79%), Calcium: 68.78mg (6.88%), Potassium: 211.43mg (6.04%), Fiber: 1.24g (4.95%), Vitamin B12: 0.25µg (4.12%), Zinc: 0.58mg (3.88%), Iron: 0.69mg (3.84%), Vitamin D: 0.5µg (3.36%), Vitamin B1: 0.03mg (2.26%), Selenium: 1.48µg (2.12%), Vitamin B5: 0.2mg (2.03%), Vitamin B6: 0.04mg (1.93%), Vitamin K: 1.59µg (1.52%), Vitamin A: 74.3IU (1.49%)