



Chocolate-Caramel Cafe au Lait

 Gluten Free

READY IN



12 min.

SERVINGS



3

CALORIES



108 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 tablespoons chocolate-flavored syrup
- ☐ 3 cups strongly coffee hot brewed
- ☐ 0.8 cup milk reduced-fat
- ☐ 2 tablespoons syrup fat-free caramel-flavored
- ☐ 0.5 teaspoon vanilla extract

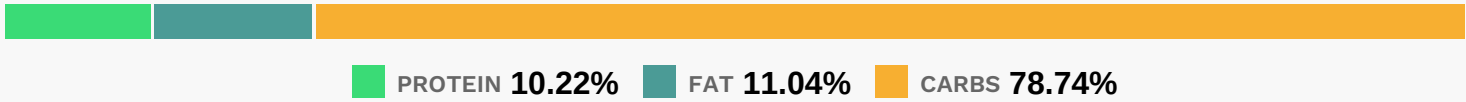
Equipment

- ☐ sauce pan

Directions

- ☐ Combine first 3 ingredients in a small saucepan. Bring to a simmer over medium heat, stirring constantly.
- ☐ Remove from heat; stir in vanilla.
- ☐ Pour 3/4 cup brewed coffee into each mug.
- ☐ Add 1/4 cup milk mixture to each mug, stirring well.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.8878261524698%

Flavonoids

Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg
Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg
Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg
Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 107.67kcal (5.38%), Fat: 1.37g (2.1%), Saturated Fat: 0.82g (5.1%), Carbohydrates: 21.93g (7.31%), Net Carbohydrates: 21.58g (7.85%), Sugar: 18.02g (20.03%), Cholesterol: 4.72mg (1.57%), Sodium: 52.07mg (2.26%), Alcohol: 0.23g (100%), Alcohol %: 0.09% (100%), Caffeine: 95.6mg (31.87%), Protein: 2.85g (5.69%), Vitamin B2: 0.3mg (17.45%), Calcium: 86.81mg (8.68%), Vitamin B5: 0.81mg (8.14%), Phosphorus: 78.63mg (7.86%), Potassium: 229.58mg (6.56%), Manganese: 0.12mg (5.76%), Magnesium: 22.35mg (5.59%), Vitamin B12: 0.31µg (5.21%), Copper: 0.08mg (3.85%), Vitamin B1: 0.06mg (3.83%), Zinc: 0.43mg (2.86%), Vitamin B3: 0.55mg (2.76%), Selenium: 1.66µg (2.37%), Folate: 7.96µg (1.99%), Iron: 0.32mg (1.76%), Fiber: 0.35g (1.39%), Vitamin B6: 0.03mg (1.29%), Vitamin A: 60.18IU (1.2%)