

Chocolate Latte

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



63 kcal

BEVERAGE

DRINK

Ingredients

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

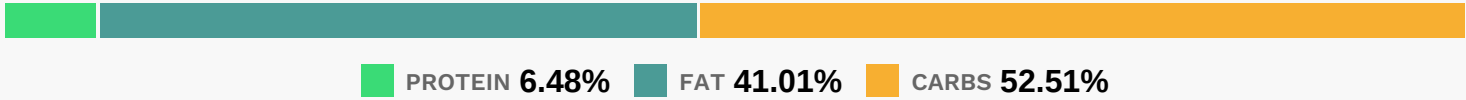
Equipment

- ☐ sauce pan

Directions

☐ Cook coffee, half-and-half, chocolate syrup, sugar, and vanilla in a medium saucepan over medium-low heat, stirring often, 5 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:7.01, Glycemic Load:1.68, Inflammation Score:-1, Nutrition Score:1.6782608731933%

Flavonoids

Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg
Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Myricetin: 0.05mg,
Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin:
0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 63.39kcal (3.17%), Fat: 2.89g (4.45%), Saturated Fat: 1.74g (10.89%), Carbohydrates: 8.34g (2.78%), Net Carbohydrates: 8.14g (2.96%), Sugar: 7.14g (7.94%), Cholesterol: 8.47mg (2.82%), Sodium: 22.1mg (0.96%), Alcohol: 0.07g (100%), Alcohol %: 0.07% (100%), Caffeine: 38.37mg (12.79%), Protein: 1.03g (2.06%), Vitamin B2: 0.12mg (7.26%), Phosphorus: 35.52mg (3.55%), Vitamin B5: 0.31mg (3.12%), Calcium: 28.89mg (2.89%), Potassium: 95.54mg (2.73%), Manganese: 0.05mg (2.56%), Magnesium: 10.16mg (2.54%), Copper: 0.04mg (2.14%), Vitamin A: 85.67IU (1.71%), Vitamin B1: 0.02mg (1.42%), Selenium: 0.89µg (1.28%), Vitamin B3: 0.23mg (1.16%), Zinc: 0.17mg (1.12%), Iron: 0.18mg (1.01%)