

# Cinnamon Latte

 Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



43 kcal

BEVERAGE

DRINK

## Ingredients

- 0.8 cup maxwell house hazelnut coffee hot flavored brewed (double strength)
- 2 Tbsp half-and-half fat-free
- 1 dash ground cinnamon
- 1 tsp granular no-calorie sweetener
- 2 Tbsp cool whip whipped topping sugar free thawed

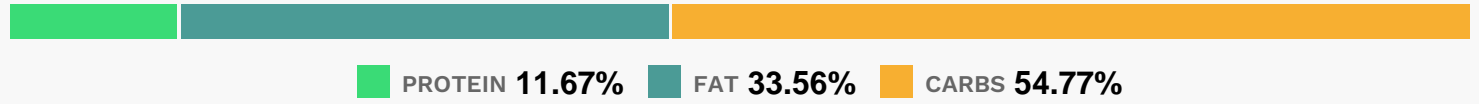
## Equipment

- microwave

## Directions

- Microwave first 3 ingredients in microwaveable mug on HIGH 15 sec. or until heated through.
- Stir in coffee.
- Top with COOL WHIP.

## Nutrition Facts



## Properties

Glycemic Index:55, Glycemic Load:0.24, Inflammation Score:-1, Nutrition Score:2.8760869619639%

## Flavonoids

Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg  
Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Myricetin: 0.09mg,  
Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin:  
0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 43.2kcal (2.16%), Fat: 1.63g (2.51%), Saturated Fat: 1.27g (7.92%), Carbohydrates: 6g (2%), Net  
Carbohydrates: 5.46g (1.99%), Sugar: 4g (4.44%), Cholesterol: 1.63mg (0.54%), Sodium: 39.13mg (1.7%), Alcohol: 0g  
(100%), Alcohol %: 0% (100%), Caffeine: 71.1mg (23.7%), Protein: 1.28g (2.55%), Vitamin B2: 0.21mg (12.49%),  
Manganese: 0.22mg (10.81%), Vitamin B5: 0.59mg (5.88%), Phosphorus: 56.42mg (5.64%), Calcium: 47.81mg  
(4.78%), Potassium: 160.26mg (4.58%), Vitamin B1: 0.04mg (2.88%), Vitamin B12: 0.17µg (2.81%), Magnesium: 11.2mg  
(2.8%), Fiber: 0.53g (2.12%), Zinc: 0.3mg (1.99%), Vitamin B3: 0.4mg (1.99%), Selenium: 1.09µg (1.55%), Folate:  
5.05µg (1.26%), Vitamin B6: 0.02mg (1.16%)