



Coconut Maple Coffee



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



1

CALORIES



179 kcal

BEVERAGE

DRINK

Ingredients



1 cup hot-brewed coffee brewed



2 tablespoons maple syrup



2 tablespoons coconut milk unsweetened

Equipment

Directions

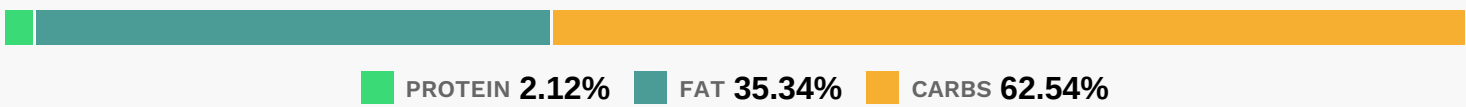


Stir maple syrup and coconut milk together in a large mug.

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Add coffee and stir.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:9.84, Inflammation Score:-1, Nutrition Score:7.0552174461925%

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, Myricetin: 0.12mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg,
Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 179.37kcal (8.97%), Fat: 7.19g (11.06%), Saturated Fat: 6.33g (39.59%), Carbohydrates: 28.61g (9.54%), Net
Carbohydrates: 27.95g (10.17%), Sugar: 24.97g (27.74%), Cholesterol: 0mg (0%), Sodium: 12.84mg (0.56%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Caffeine: 94.8mg (31.6%), Protein: 0.97g (1.94%), Manganese: 1.25mg (62.47%),
Vitamin B2: 0.69mg (40.48%), Potassium: 285.03mg (8.14%), Magnesium: 26.61mg (6.65%), Vitamin B5: 0.66mg
(6.57%), Calcium: 53.14mg (5.31%), Vitamin B1: 0.07mg (4.49%), Copper: 0.08mg (4.23%), Phosphorus: 37.11mg
(3.71%), Vitamin B3: 0.71mg (3.57%), Zinc: 0.53mg (3.52%), Iron: 0.56mg (3.11%), Selenium: 1.86µg (2.66%), Fiber:
0.66g (2.64%), Folate: 9.54µg (2.38%), Vitamin C: 0.84mg (1.02%)