

# Dreamy Nighttime Drink

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



169 kcal

BEVERAGE

DRINK

## Ingredients

- 1 pinch ground cinnamon
- 1 teaspoon honey
- 1 cup milk
- 2 drops vanilla extract

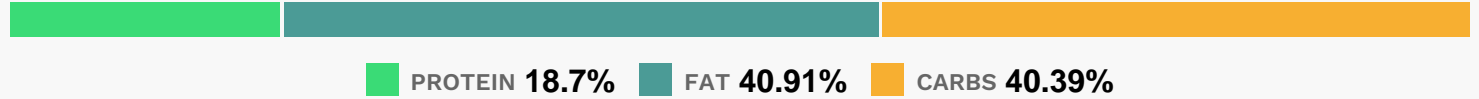
## Equipment

- microwave

## Directions

- Pour milk into a microwave safe mug and place into microwave. Cook on High until the milk is very hot and begins to foam, about 3 minutes. Stir in honey and vanilla, then sprinkle with cinnamon before serving.

## Nutrition Facts



## Properties

Glycemic Index:95.27, Glycemic Load:7.34, Inflammation Score:-3, Nutrition Score:8.1130434130521%

## Nutrients (% of daily need)

Calories: 168.75kcal (8.44%), Fat: 7.81g (12.02%), Saturated Fat: 4.54g (28.37%), Carbohydrates: 17.35g (5.78%), Net Carbohydrates: 17.23g (6.27%), Sugar: 17.51g (19.46%), Cholesterol: 29.28mg (9.76%), Sodium: 93.04mg (4.05%), Alcohol: 0.07g (100%), Alcohol %: 0.03% (100%), Protein: 8.03g (16.06%), Calcium: 302.57mg (30.26%), Phosphorus: 246.86mg (24.69%), Vitamin B12: 1.32µg (21.96%), Vitamin B2: 0.34mg (19.98%), Vitamin D: 2.68µg (17.89%), Potassium: 370.8mg (10.59%), Vitamin B5: 0.92mg (9.16%), Vitamin B1: 0.14mg (9.11%), Vitamin A: 395.87IU (7.92%), Vitamin B6: 0.15mg (7.54%), Magnesium: 29.56mg (7.39%), Zinc: 1.02mg (6.8%), Selenium: 4.7µg (6.71%), Manganese: 0.05mg (2.54%), Vitamin B3: 0.27mg (1.34%)