



Egnog Latte

 **Gluten Free**

READY IN



5 min.

SERVINGS



1

CALORIES



198 kcal

BEVERAGE

DRINK

Ingredients

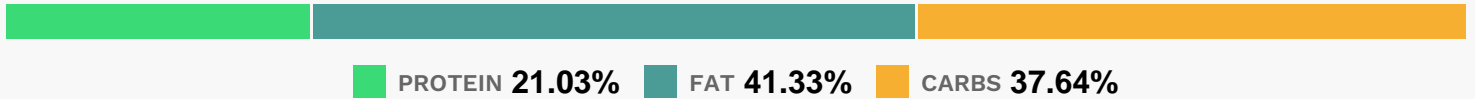
- 0.7 cup eggnog
- 1.5 fluid ounce jigger espresso brewed
- 1 pinch ground nutmeg
- 0.3 cup milk 2%

Equipment

Directions

- Pour milk and eggnog into a steaming pitcher and heat to between 145 degrees F to 165 degrees F (65 to 70 degrees C) using the steaming wand. Brew the shot of espresso, then add to mug.
- Pour the steamed milk and eggnog into the mug, using a spoon to hold back the foam. Spoon foam over the top.
- Sprinkle nutmeg on top of the foam.

Nutrition Facts



Properties

Glycemic Index:125, Glycemic Load:7.7, Inflammation Score:-5, Nutrition Score:10.352173836335%

Nutrients (% of daily need)

Calories: 197.59kcal (9.88%), Fat: 9.1g (13.99%), Saturated Fat: 5.67g (35.47%), Carbohydrates: 18.64g (6.21%), Net Carbohydrates: 18.43g (6.7%), Sugar: 17.9g (19.89%), Cholesterol: 106.2mg (35.4%), Sodium: 134.78mg (5.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 94.03mg (31.34%), Protein: 10.41g (20.82%), Vitamin B2: 0.55mg (32.14%), Calcium: 317.26mg (31.73%), Phosphorus: 262.18mg (26.22%), Vitamin B12: 1.18µg (19.65%), Magnesium: 78.14mg (19.54%), Vitamin D: 2.03µg (13.55%), Selenium: 9.09µg (12.99%), Vitamin B3: 2.57mg (12.87%), Potassium: 444.04mg (12.69%), Vitamin B5: 1mg (9.99%), Vitamin A: 430.09IU (8.6%), Zinc: 1.2mg (8%), Vitamin B1: 0.09mg (6.14%), Vitamin B6: 0.12mg (5.85%), Manganese: 0.07mg (3.53%), Vitamin C: 2.82mg (3.41%), Copper: 0.06mg (2.96%), Vitamin E: 0.38mg (2.56%), Iron: 0.44mg (2.46%), Folate: 6.83µg (1.71%)