



Flavored Cappuccino Mix



Vegetarian



Gluten Free



Low Fod Map

READY IN



10 min.

SERVINGS



20

CALORIES



61 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup coffee granules instant
- ☐ 0.3 cup milk powder dry
- ☐ 0.7 cup powdered non-dairy creamer
- ☐ 0.7 cup sugar white

Equipment

- ☐ mixing bowl

Directions

- ☐ In a mixing bowl combine powdered milk, sugar, coffee creamer and instant coffee granules.
Store in an air tight container.
- ☐ To prepare beverage, stir 2 to 3 teaspoons of mix into 1 cup of hot water.

Nutrition Facts



Properties

Glycemic Index:5.75, Glycemic Load:5.02, Inflammation Score:-1, Nutrition Score:1.5086956380502%

Nutrients (% of daily need)

Calories: 61.05kcal (3.05%), Fat: 1.41g (2.17%), Saturated Fat: 0.52g (3.25%), Carbohydrates: 11.34g (3.78%), Net Carbohydrates: 11.34g (4.13%), Sugar: 8.38g (9.32%), Cholesterol: 2.07mg (0.69%), Sodium: 14.8mg (0.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 123.81mg (41.27%), Protein: 1.12g (2.24%), Vitamin B3: 1.13mg (5.63%), Potassium: 183.37mg (5.24%), Magnesium: 14.71mg (3.68%), Manganese: 0.07mg (3.43%), Phosphorus: 33.62mg (3.36%), Calcium: 25.8mg (2.58%), Vitamin B2: 0.03mg (1.75%), Vitamin D: 0.22µg (1.49%), Selenium: 0.97µg (1.39%), Vitamin B12: 0.07µg (1.16%), Iron: 0.19mg (1.05%)