

Frothy Babyccino



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



49 kcal

SIDE DISH

Ingredients

- ☐ 0.5 tsp cocoa powder
- ☐ 1 small pinch ground cinnamon
- ☐ 1 small pinch ground ginger
- ☐ 50 ml milk
- ☐ 1 tsp caster sugar

Equipment

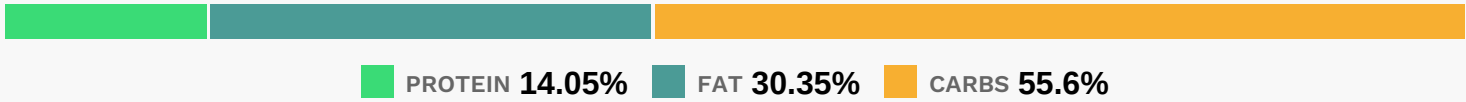
- ☐ frying pan
- ☐ whisk

- ☐ microwave
- ☐ immersion blender

Directions

- ☐ Warm the milk in a jug in the microwave or in a small pan.
- ☐ Add a small pinch of cinnamon and ginger to the warm milk, along with the sugar and stir in.
- ☐ Froth the milk with a whisk or electric hand blender.
- ☐ Pour into your cappuccino cup and finish with a sprinkle of fresh cinnamon and cocoa powder.
- ☐ Enjoy!

Nutrition Facts



Properties

Glycemic Index:113.09, Glycemic Load:3.85, Inflammation Score:-1, Nutrition Score:2.2026086882891%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 49.41kcal (2.47%), Fat: 1.74g (2.68%), Saturated Fat: 1.01g (6.28%), Carbohydrates: 7.19g (2.4%), Net Carbohydrates: 6.87g (2.5%), Sugar: 6.69g (7.44%), Cholesterol: 6.19mg (2.06%), Sodium: 19.82mg (0.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.63%), Calcium: 66.34mg (6.63%), Manganese: 0.12mg (6.15%), Phosphorus: 56.22mg (5.62%), Vitamin B12: 0.28µg (4.64%), Vitamin B2: 0.07mg (4.33%), Vitamin D: 0.57µg (3.78%), Potassium: 88.54mg (2.53%), Magnesium: 9.23mg (2.31%), Vitamin B1: 0.03mg (1.96%), Vitamin B5: 0.2mg (1.95%), Zinc: 0.26mg (1.71%), Selenium: 1.19µg (1.71%), Vitamin A: 84.19IU (1.68%), Vitamin B6: 0.03mg (1.68%), Fiber: 0.32g (1.28%), Copper: 0.02mg (1.07%)