



German Chocolate Cafe au Lait

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



641 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 2.5 cups chocolate almond-flavored coffee brewed
- ☐ 0.5 teaspoon coconut extract
- ☐ 0.5 cup skim milk
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons cocoa unsweetened

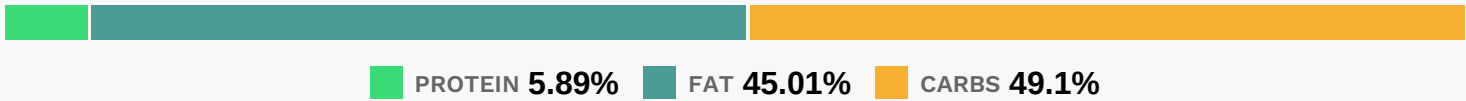
Equipment

- ☐ sauce pan

Directions

- ☐ Combine sugar and cocoa in a small saucepan, and stir well. Gradually add milk, and stir well.
- ☐ Place over medium heat; cook until sugar dissolves, stirring frequently.
- ☐ Remove from heat; stir in coffee and flavorings.
- ☐ Pour into individual cups.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.84, Glycemic Load:9.22, Inflammation Score:-5, Nutrition Score:11.578695680784%

Flavonoids

Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 641.2kcal (32.06%), Fat: 32.28g (49.67%), Saturated Fat: 16.15g (100.96%), Carbohydrates: 79.23g (26.41%), Net Carbohydrates: 70.34g (25.58%), Sugar: 59.36g (65.96%), Cholesterol: 14.73mg (4.91%), Sodium: 39.87mg (1.73%), Alcohol: 0.38g (100%), Alcohol %: 0.32% (100%), Caffeine: 897.19mg (299.06%), Protein: 9.51g (19.02%), Fiber: 8.89g (35.58%), Copper: 0.7mg (34.76%), Manganese: 0.69mg (34.64%), Magnesium: 129.97mg (32.49%), Vitamin B2: 0.33mg (19.54%), Phosphorus: 194.62mg (19.46%), Iron: 3.22mg (17.91%), Calcium: 150.12mg (15.01%), Potassium: 454.42mg (12.98%), Zinc: 1.71mg (11.42%), Vitamin K: 6.33µg (6.03%), Selenium: 4.02µg (5.74%), Vitamin B3: 0.71mg (3.55%), Vitamin B6: 0.06mg (3.07%), Vitamin B12: 0.18µg (2.96%), Vitamin B1: 0.04mg (2.56%), Vitamin B5: 0.23mg (2.31%), Vitamin D: 0.34µg (2.25%), Vitamin E: 0.25mg (1.65%), Vitamin A: 62.47IU (1.25%), Folate: 4.6µg (1.15%)