

## Hot Vanilla

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



177 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 teaspoon ground cinnamon
- 1 cup milk 2%
- 2 teaspoons vanilla extract
- 2 teaspoons sugar white

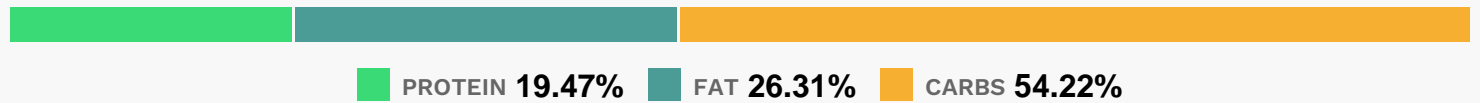
### Equipment

- microwave

## Directions

- Pour the milk into a microwave-safe mug. Stir together the cinnamon and sugar, then stir into the milk.
- Mixing the cinnamon into the sugar first will help to keep it from floating on top. Stir in the vanilla.
- Place mug in the microwave and heat for 1 minute and 40 seconds, or longer for a warmer drink. Stir before drinking.

## Nutrition Facts



## Properties

Glycemic Index:75.09, Glycemic Load:5.61, Inflammation Score:-3, Nutrition Score:8.309130406898%

## Nutrients (% of daily need)

Calories: 176.78kcal (8.84%), Fat: 4.73g (7.27%), Saturated Fat: 2.97g (18.59%), Carbohydrates: 21.92g (7.31%), Net Carbohydrates: 20.86g (7.58%), Sugar: 20.98g (23.31%), Cholesterol: 18.88mg (6.29%), Sodium: 111.92mg (4.87%), Alcohol: 2.75g (100%), Alcohol %: 1.37% (100%), Protein: 7.87g (15.75%), Calcium: 304.2mg (30.42%), Vitamin B2: 0.45mg (26.27%), Phosphorus: 218.88mg (21.89%), Vitamin B12: 1.25µg (20.85%), Manganese: 0.4mg (20.05%), Potassium: 351.02mg (10.03%), Selenium: 6.01µg (8.59%), Vitamin B5: 0.85mg (8.5%), Zinc: 1.18mg (7.86%), Magnesium: 28.12mg (7.03%), Vitamin B1: 0.09mg (6.22%), Vitamin A: 246.62IU (4.93%), Vitamin B6: 0.09mg (4.75%), Fiber: 1.06g (4.25%), Folate: 11.92µg (2.98%), Vitamin B3: 0.28mg (1.39%), Copper: 0.03mg (1.36%), Iron: 0.23mg (1.26%), Vitamin K: 1.1µg (1.04%)