



## Ice Caffe Latte



Vegetarian



Gluten Free

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READY IN

ready

5 min.

SERVINGS

servings

4

CALORIES

calories

254 kcal

BEVERAGE

DRINK

## Ingredients



4 cinnamon sticks



6 ounces espresso grounds



4 servings ice cubes crushed for serving



1 cup sugar



0.5 cup water



1.3 cups milk whole

## Equipment



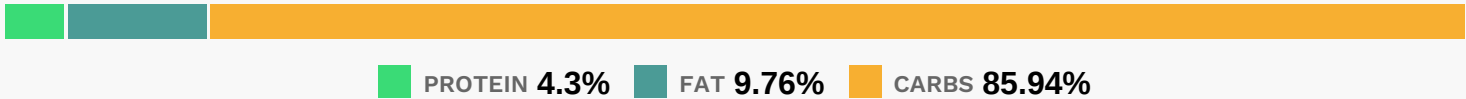
frying pan

- ☐ sauce pan
- ☐ canning jar

## Directions

- ☐ Special equipment: 4 small mason jars
- ☐ Combine the espresso, flavored simple syrup, and milk in a small pitcher. Fill each of the mason jars with crushed ice.
- ☐ Pour the latte mixture over the ice and serve immediately.
- ☐ In a saucepan combine water, sugar, and cinnamon sticks over medium heat. Bring to a boil, reduce heat and simmer for 5 minutes, until the sugar has dissolved. Take the pan off the heat and cool the syrup. Any extra cooled syrup can be saved in an airtight container in the refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:28.27, Glycemic Load:36.4, Inflammation Score:-3, Nutrition Score:6.0786955861942%

## Nutrients (% of daily need)

Calories: 253.77kcal (12.69%), Fat: 2.88g (4.43%), Saturated Fat: 1.56g (9.77%), Carbohydrates: 57.13g (19.04%), Net Carbohydrates: 55.27g (20.1%), Sugar: 53.89g (59.88%), Cholesterol: 9.76mg (3.25%), Sodium: 39.24mg (1.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 90.15mg (30.05%), Protein: 2.86g (5.72%), Manganese: 0.64mg (31.89%), Calcium: 137.38mg (13.74%), Vitamin B3: 2.35mg (11.74%), Vitamin B2: 0.2mg (11.67%), Magnesium: 46.19mg (11.55%), Phosphorus: 87.36mg (8.74%), Fiber: 1.86g (7.43%), Vitamin B12: 0.44µg (7.32%), Vitamin D: 0.89µg (5.96%), Potassium: 186.99mg (5.34%), Vitamin B5: 0.33mg (3.28%), Vitamin B1: 0.05mg (3.12%), Zinc: 0.43mg (2.85%), Vitamin A: 142.09IU (2.84%), Vitamin B6: 0.06mg (2.8%), Selenium: 1.95µg (2.79%), Copper: 0.04mg (2.12%), Iron: 0.37mg (2.06%), Vitamin K: 1.38µg (1.31%)