



Iced Vanilla Soy Latte



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



662 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 teaspoons topping fat-free
- ☐ 0.5 cup ground espresso french
- ☐ 1 cubes ice cubes
- ☐ 2 cups vanilla
- ☐ 2 servings sugar
- ☐ 1.5 cups water

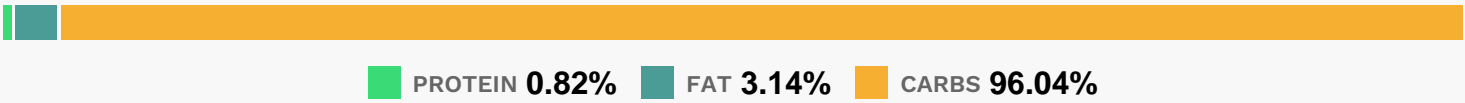
Equipment

- ☐ bowl

Directions

- ☐ Using a drip coffeemaker, brew coffee with water as directed by coffeemaker manufacturer.
- ☐ In medium bowl, stir together coffee and soymilk.
- ☐ Drizzle topping over insides of 2 large glasses.
- ☐ Fill glasses with ice cubes.
- ☐ Pour soymilk mixture over ice. Sweeten to taste with sugar.

Nutrition Facts



Properties

Glycemic Index:35.05, Glycemic Load:8.38, Inflammation Score:-3, Nutrition Score:3.6226087125909%

Nutrients (% of daily need)

Calories: 662.49kcal (33.12%), Fat: 0.6g (0.93%), Saturated Fat: 0.22g (1.36%), Carbohydrates: 41.36g (13.79%), Net Carbohydrates: 41.23g (14.99%), Sugar: 40g (44.45%), Cholesterol: 0.05mg (0.02%), Sodium: 45.12mg (1.96%), Alcohol: 71.55g (100%), Alcohol %: 21% (100%), Caffeine: 32.52mg (10.84%), Protein: 0.35g (0.7%), Manganese: 0.5mg (24.86%), Vitamin B2: 0.2mg (12.02%), Copper: 0.2mg (9.86%), Potassium: 322.08mg (9.2%), Magnesium: 29.17mg (7.29%), Vitamin B3: 0.9mg (4.48%), Calcium: 30.95mg (3.09%), Vitamin B6: 0.06mg (2.75%), Zinc: 0.29mg (1.93%), Iron: 0.32mg (1.78%), Phosphorus: 17.26mg (1.73%), Vitamin B1: 0.02mg (1.64%)