

Kahlua Cappuccino



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



148 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 fluid ounces espresso grounds brewed
- ☐ 1 fluid ounce kahlua
- ☐ 2 fluid ounces milk steamed

Equipment

Directions

- ☐ Stir together the Kahlua and hot espresso.

- ☐
- Spoon the steamed milk on top of the coffee and Kahlua mixture.
- ☐
- Garnish with cinnamon, if desired.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:1.05, Inflammation Score:-5, Nutrition Score:5.4095653308474%

Nutrients (% of daily need)

Calories: 147.55kcal (7.38%), Fat: 2.19g (3.38%), Saturated Fat: 1.24g (7.74%), Carbohydrates: 18.58g (6.19%), Net Carbohydrates: 18.58g (6.75%), Sugar: 16.68g (18.54%), Cholesterol: 7.1mg (2.37%), Sodium: 41.4mg (1.8%), Alcohol: 6.42g (100%), Alcohol %: 3.93% (100%), Caffeine: 250.75mg (83.58%), Protein: 2.11g (4.22%), Vitamin B3: 6.22mg (31.12%), Magnesium: 101.72mg (25.43%), Vitamin B2: 0.29mg (17.12%), Calcium: 75.11mg (7.51%), Phosphorus: 68.01mg (6.8%), Potassium: 224.73mg (6.42%), Vitamin B12: 0.32µg (5.32%), Vitamin D: 0.65µg (4.34%), Manganese: 0.06mg (3.08%), Copper: 0.06mg (2.99%), Vitamin B5: 0.25mg (2.54%), Vitamin B1: 0.03mg (2.29%), Zinc: 0.3mg (2.01%), Vitamin B6: 0.04mg (1.92%), Vitamin A: 95.81IU (1.92%), Selenium: 1.12µg (1.61%)