



Matcha Latte



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



187 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 serving agave nectar
- ☐ 1 teaspoon matcha tea powder
- ☐ 0.8 cup milk unsweetened

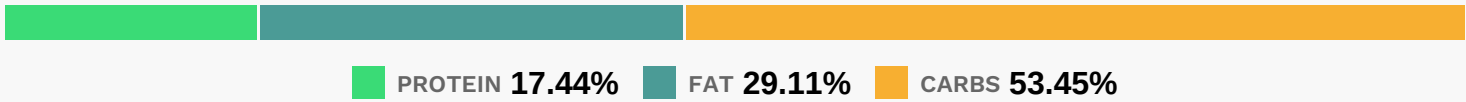
Equipment

- ☐ whisk
- ☐ pot

Directions

- ☐ Bring 3/4 cup unsweetened almond milk, soy milk, rice milk, or cow's milk to a bare simmer in a small pot over medium-high heat.
- ☐ Place 1 teaspoon matcha powder in a heatproof cup. Slowly whisk in 1/4 cup boiling water, then almond milk, tipping cup slightly to help create more foam. Sweeten with agave syrup.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:5.65, Inflammation Score:-4, Nutrition Score:7.1539130217355%

Nutrients (% of daily need)

Calories: 186.9kcal (9.35%), Fat: 5.95g (9.15%), Saturated Fat: 3.4g (21.27%), Carbohydrates: 24.59g (8.2%), Net Carbohydrates: 24.55g (8.93%), Sugar: 23.08g (25.65%), Cholesterol: 21.96mg (7.32%), Sodium: 70.38mg (3.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.02g (16.04%), Calcium: 225.3mg (22.53%), Phosphorus: 185.04mg (18.5%), Vitamin B2: 0.29mg (16.89%), Vitamin B12: 0.99µg (16.47%), Vitamin D: 2.01µg (13.42%), Vitamin A: 496.46IU (9.93%), Vitamin B1: 0.13mg (8.54%), Vitamin B6: 0.16mg (8.04%), Potassium: 275.34mg (7.87%), Vitamin B5: 0.68mg (6.83%), Magnesium: 22.17mg (5.54%), Selenium: 3.83µg (5.48%), Zinc: 0.75mg (5.02%), Vitamin K: 5.27µg (5.02%), Vitamin C: 3.57mg (4.33%), Iron: 0.74mg (4.11%), Vitamin E: 0.3mg (1.98%), Vitamin B3: 0.34mg (1.68%), Folate: 6.3µg (1.58%)