



Mocha-Spiced Coffee

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



99 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup chocolate syrup light (such as Hershey's Lite Syrup)
- ☐ 1 cup skim milk fat-free
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.5 cup ground coffee
- ☐ 0.5 teaspoon nutmeg
- ☐ 1 teaspoon vanilla extract
- ☐ 5 cups water

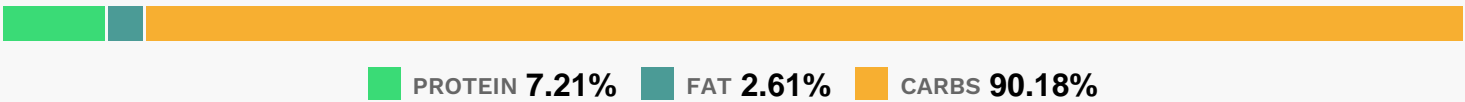
Equipment

☐ sauce pan

Directions

- ☐ Place first 3 ingredients in a coffee filter or filter basket of a coffeemaker.
- ☐ Add 5 cups water to coffeemaker; brew according to manufacturer's instructions.
- ☐ Combine milk, sugar, and syrup in a heavy saucepan. Cook over low heat, stirring constantly, until sugar dissolves. Stir in brewed coffee and vanilla.
- ☐ Serve with whipped cream, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.04, Glycemic Load:0.7, Inflammation Score:-1, Nutrition Score:2.8204348190971%

Nutrients (% of daily need)

Calories: 99.25kcal (4.96%), Fat: 0.29g (0.44%), Saturated Fat: 0.15g (0.95%), Carbohydrates: 22.41g (7.47%), Net Carbohydrates: 21.68g (7.88%), Sugar: 19.37g (21.52%), Cholesterol: 1.23mg (0.41%), Sodium: 41.3mg (1.8%), Alcohol: 0.23g (100%), Alcohol %: 0.11% (100%), Caffeine: 11.73mg (3.91%), Protein: 1.79g (3.58%), Manganese: 0.16mg (8.22%), Calcium: 75.15mg (7.51%), Phosphorus: 66.27mg (6.63%), Copper: 0.13mg (6.29%), Magnesium: 19.21mg (4.8%), Vitamin B12: 0.24µg (3.95%), Vitamin B2: 0.06mg (3.69%), Potassium: 121.44mg (3.47%), Vitamin D: 0.45µg (2.99%), Fiber: 0.73g (2.93%), Iron: 0.46mg (2.58%), Zinc: 0.34mg (2.28%), Vitamin A: 84.94IU (1.7%), Vitamin B1: 0.03mg (1.68%), Selenium: 1.18µg (1.68%), Vitamin B5: 0.16mg (1.62%), Vitamin B6: 0.03mg (1.48%)