



Quick Gingerbread Latte



Gluten Free

READY IN

ready

7 min.

SERVINGS

servings

1

CALORIES

calories

155 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 pinch ground cinnamon
- ☐ 1 pinch ground cloves
- ☐ 1 pinch ground ginger
- ☐ 1 pinch ground nutmeg
- ☐ 1 tablespoon hot-brewed coffee instant
- ☐ 0.5 cup milk
- ☐ 0.5 cup water
- ☐ 1 tablespoon whipped cream to taste

☐ 1 tablespoon sugar white

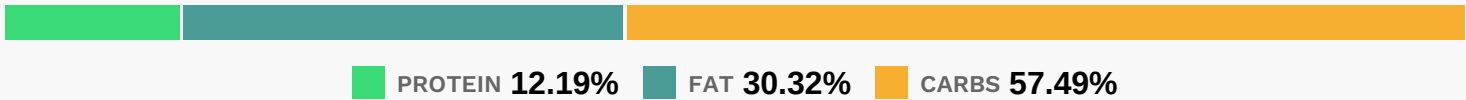
Equipment

- ☐ bowl
- ☐ whisk
- ☐ microwave

Directions

- ☐ Whisk milk, water, sugar, coffee, ginger, cinnamon, cloves, and nutmeg together in a microwave-safe bowl.
- ☐ Heat in the microwave until warmed, about 2 minutes.
- ☐ Pour latte into a mug; top with whipped cream.

Nutrition Facts



Properties

Glycemic Index:238.09, Glycemic Load:11.05, Inflammation Score:-3, Nutrition Score:5.9873913100556%

Nutrients (% of daily need)

Calories: 155.3kcal (7.77%), Fat: 5.35g (8.24%), Saturated Fat: 3.17g (19.82%), Carbohydrates: 22.84g (7.61%), Net Carbohydrates: 22.47g (8.17%), Sugar: 18.5g (20.56%), Cholesterol: 18.06mg (6.02%), Sodium: 55.12mg (2.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 157mg (52.33%), Protein: 4.85g (9.69%), Calcium: 170.03mg (17%), Phosphorus: 145.07mg (14.51%), Manganese: 0.28mg (14.08%), Vitamin B12: 0.67µg (11.2%), Potassium: 374.88mg (10.71%), Vitamin B2: 0.18mg (10.5%), Vitamin D: 1.36µg (9.07%), Magnesium: 35.3mg (8.83%), Vitamin B3: 1.58mg (7.89%), Vitamin B1: 0.07mg (4.94%), Vitamin B5: 0.48mg (4.76%), Vitamin A: 230.29IU (4.61%), Selenium: 3.22µg (4.61%), Vitamin B6: 0.08mg (4.06%), Zinc: 0.58mg (3.88%), Copper: 0.04mg (2.03%), Iron: 0.33mg (1.82%), Fiber: 0.38g (1.51%)