



Quick Mocha Latte

 Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



141 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.7 oz cocoa mix instant
- ☐ 0.3 cup milk
- ☐ 0.7 cup strong-brewed coffee hot
- ☐ 1 serving toppings: whipped topping crushed

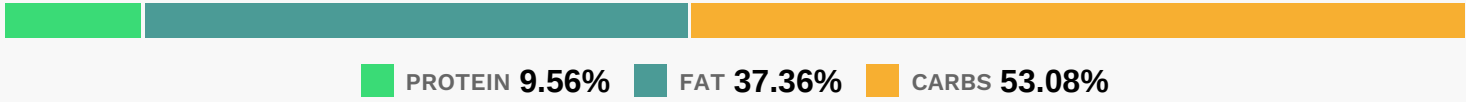
Equipment

- ☐ microwave
- ☐ measuring cup

Directions

- ☐
- Pour instant cocoa mix into a large mug. Stir in hot coffee.
- ☐
- Microwave milk in a glass measuring cup at HIGH 30 seconds or until hot. Stir into cocoa mixture.
- ☐
- Serve with desired toppings.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:1.44, Inflammation Score:-1, Nutrition Score:3.9869565147421%

Flavonoids

Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg
Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Myricetin: 0.08mg,
Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin:
0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 140.97kcal (7.05%), Fat: 6.24g (9.6%), Saturated Fat: 4.04g (25.23%), Carbohydrates: 19.96g (6.65%), Net
Carbohydrates: 19.15g (6.96%), Sugar: 17.05g (18.95%), Cholesterol: 9.85mg (3.28%), Sodium: 208.4mg (9.06%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 63.2mg (21.07%), Protein: 3.6g (7.19%), Vitamin B2: 0.24mg
(13.9%), Calcium: 126.52mg (12.65%), Phosphorus: 90.22mg (9.02%), Vitamin B12: 0.45µg (7.47%), Vitamin B5:
0.7mg (7.05%), Vitamin D: 0.89µg (5.96%), Potassium: 203.96mg (5.83%), Vitamin B1: 0.07mg (4.57%),
Magnesium: 14.81mg (3.7%), Fiber: 0.81g (3.22%), Vitamin A: 137.3IU (2.75%), Vitamin B6: 0.05mg (2.6%), Zinc:
0.37mg (2.46%), Selenium: 1.65µg (2.36%), Iron: 0.38mg (2.13%), Manganese: 0.04mg (1.98%), Vitamin B3: 0.39mg
(1.96%)