

Simple Coffee Drink

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



148 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup hot-brewed coffee cold brewed
- 1 cup milk
- 2 gram granular sucralose sweetener splenda® (such as)

Equipment

Directions

- Mix milk, coffee, and sweetener together in a glass until sweetener is dissolved.

Nutrition Facts

PROTEIN 20.8% FAT 45% CARBS 34.2%

Properties

Glycemic Index:38, Glycemic Load:4.33, Inflammation Score:-4, Nutrition Score:8.6339129750495%

Flavonoids

Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg
Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Myricetin: 0.06mg,
Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin:
0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 147.59kcal (7.38%), Fat: 7.83g (12.05%), Saturated Fat: 4.54g (28.38%), Carbohydrates: 13.39g (4.46%),
Net Carbohydrates: 11.89g (4.33%), Sugar: 12.24g (13.6%), Cholesterol: 29.28mg (9.76%), Sodium: 95.09mg (4.13%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 47.4mg (15.8%), Protein: 8.15g (16.29%), Calcium: 302.49mg
(30.25%), Vitamin B2: 0.43mg (25.1%), Phosphorus: 249.99mg (25%), Vitamin B12: 1.32µg (21.96%), Vitamin D:
2.68µg (17.89%), Potassium: 424.07mg (12.12%), Vitamin B5: 1.21mg (12.11%), Vitamin B1: 0.15mg (10.22%),
Magnesium: 32.83mg (8.21%), Vitamin A: 395.28IU (7.91%), Vitamin B6: 0.15mg (7.5%), Zinc: 1.02mg (6.83%),
Selenium: 4.64µg (6.62%), Vitamin B3: 0.48mg (2.41%), Manganese: 0.04mg (1.85%)