



Skinny Caramel Macchiato Lattes



Gluten Free



Popular

READY IN



45 min.

SERVINGS



2

CALORIES



62 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup hot-brewed coffee fat free
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 1.5 teaspoon coffee instant
- ☐ 0.7 cup milk 1% cold
- ☐ 0.3 cup water
- ☐ 0.1 cup whipped cream

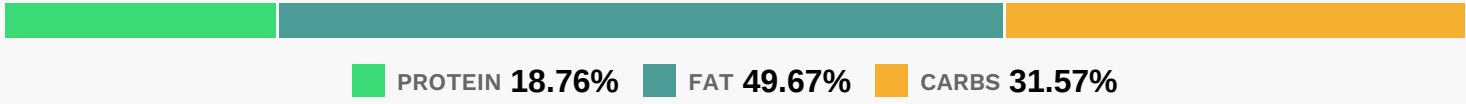
Equipment

Directions

☐

Combine all ingredients except for whipped cream in Cocoa Latte Maker and press "ON"
Dispense into cup and top with whip cream and sprinkle with cinnamon.....ENJOY!

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:1.7, Inflammation Score:-2, Nutrition Score:3.2608695559042%

Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Myricetin: 0.02mg,
Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin:
0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 61.79kcal (3.09%), Fat: 3.45g (5.31%), Saturated Fat: 2.03g (12.71%), Carbohydrates: 4.93g (1.64%), Net
Carbohydrates: 4.87g (1.77%), Sugar: 4.21g (4.68%), Cholesterol: 12.61mg (4.2%), Sodium: 34.26mg (1.49%), Alcohol:
Og (100%), Alcohol %: 0% (100%), Caffeine: 39.35mg (13.12%), Protein: 2.93g (5.86%), Calcium: 108.11mg (10.81%),
Phosphorus: 89.02mg (8.9%), Vitamin B2: 0.15mg (8.55%), Vitamin B12: 0.45µg (7.5%), Vitamin D: 0.91µg (6.06%),
Potassium: 173.96mg (4.97%), Vitamin B5: 0.42mg (4.16%), Magnesium: 14.28mg (3.57%), Vitamin B1: 0.05mg
(3.5%), Vitamin A: 157.82IU (3.16%), Vitamin B6: 0.05mg (2.6%), Zinc: 0.36mg (2.43%), Selenium: 1.7µg (2.42%),
Manganese: 0.05mg (2.35%), Vitamin B3: 0.38mg (1.88%)