



Tembleque Latte

 Vegetarian  Gluten Free

READY IN

ready

10 min.

SERVINGS

servings

1

CALORIES

calories

208 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.5 fluid ounce jigger coconut-flavored syrup davinci® (such as)
- ☐ 1 shot espresso grounds brewed
- ☐ 1 pinch ground cinnamon
- ☐ 0.5 cup milk

Equipment

- ☐ sauce pan

Directions

- ☐ Stir espresso and coconut syrup together in a mug.
- ☐ Heat milk in a saucepan over medium-low heat until just beginning to boil, about 5 minutes; stir warm milk into espresso mixture.
- ☐ Sprinkle latte with cinnamon.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:2.17, Inflammation Score:-3, Nutrition Score:5.3765217312004%

Nutrients (% of daily need)

Calories: 207.68kcal (10.38%), Fat: 4.67g (7.18%), Saturated Fat: 2.75g (17.16%), Carbohydrates: 39.23g (13.08%), Net Carbohydrates: 39.12g (14.23%), Sugar: 5.87g (6.53%), Cholesterol: 16.41mg (5.47%), Sodium: 94.05mg (4.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 63.6mg (21.2%), Protein: 4.05g (8.09%), Calcium: 153.55mg (15.36%), Vitamin B2: 0.23mg (13.27%), Phosphorus: 129.88mg (12.99%), Vitamin B12: 0.66µg (10.98%), Magnesium: 39.65mg (9.91%), Vitamin D: 1.34µg (8.95%), Vitamin B3: 1.7mg (8.51%), Potassium: 219.69mg (6.28%), Copper: 0.11mg (5.48%), Vitamin B1: 0.07mg (4.9%), Vitamin B5: 0.48mg (4.75%), Manganese: 0.09mg (4.65%), Vitamin A: 225.29IU (4.51%), Vitamin B6: 0.08mg (3.77%), Selenium: 2.63µg (3.76%), Zinc: 0.54mg (3.58%)