

Vanilla Latte

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



6

CALORIES



78 kcal

BEVERAGE

DRINK

Ingredients

- 2 cups freshly maxwell house coffee brewed
- 3 cups milk
- 2 tsp vanilla

Equipment

- sauce pan
- whisk

Directions

- Pour coffee into 6 large cups or mugs.
- Heat milk in small saucepan on low heat until warm, stirring briskly and constantly with wire whisk to create foam.
- Remove from heat; stir in vanilla. Stir milk mixture into coffee.
- Serve immediately with NILLA Wafers.

Nutrition Facts

PROTEIN 21.8% **FAT 46.94%** **CARBS 31.26%**

Properties

Glycemic Index:6.33, Glycemic Load:2.16, Inflammation Score:-2, Nutrition Score:4.4552173674431%

Flavonoids

Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg
Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Myricetin: 0.04mg,
Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin:
0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 78.02kcal (3.9%), Fat: 3.92g (6.03%), Saturated Fat: 2.27g (14.19%), Carbohydrates: 5.87g (1.96%), Net Carbohydrates: 5.87g (2.14%), Sugar: 6.05g (6.72%), Cholesterol: 14.64mg (4.88%), Sodium: 48.07mg (2.09%), Alcohol: 0.48g (100%), Alcohol %: 0.3% (100%), Caffeine: 31.6mg (10.53%), Protein: 4.1g (8.19%), Calcium: 151.79mg (15.18%), Vitamin B2: 0.23mg (13.51%), Phosphorus: 125.67mg (12.57%), Vitamin B12: 0.66µg (10.98%), Vitamin D: 1.34µg (8.95%), Vitamin B5: 0.66mg (6.56%), Potassium: 223.78mg (6.39%), Vitamin B1: 0.08mg (5.3%), Magnesium: 17.18mg (4.29%), Vitamin A: 197.64IU (3.95%), Vitamin B6: 0.08mg (3.78%), Zinc: 0.52mg (3.45%), Selenium: 2.32µg (3.31%), Vitamin B3: 0.28mg (1.42%), Manganese: 0.03mg (1.31%)