

Vanilla Latte

 Vegetarian  Gluten Free

READY IN



6 min.

SERVINGS



1

CALORIES



226 kcal

BEVERAGE

DRINK

Ingredients

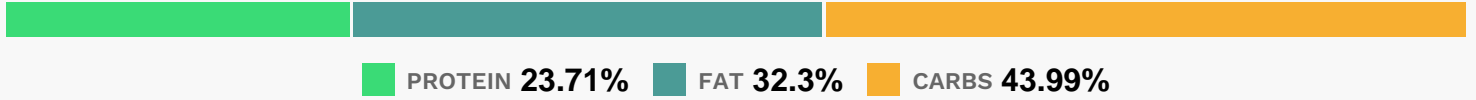
- 1.5 fluid ounce espresso grounds brewed
- 1.3 cups milk 2%
- 2 tablespoons vanilla flavored

Equipment

Directions

- Pour milk into a steaming pitcher and heat to 145 degrees F to 165 degrees F (65 to 70 degrees C) using the steaming wand. Measure the vanilla syrup into a large coffee mug. Brew espresso, then add to mug.
- Pour the steamed milk into the mug, using a spoon to hold back the foam. Spoon foam over the top.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:10.429565134256%

Nutrients (% of daily need)

Calories: 226.37kcal (11.32%), Fat: 5.94g (9.13%), Saturated Fat: 3.75g (23.45%), Carbohydrates: 18.19g (6.06%), Net Carbohydrates: 18.19g (6.61%), Sugar: 18.22g (20.24%), Cholesterol: 23.6mg (7.87%), Sodium: 147.2mg (6.4%), Alcohol: 8.94g (100%), Alcohol %: 3.1% (100%), Caffeine: 94.03mg (31.34%), Protein: 9.8g (19.61%), Vitamin B2: 0.65mg (38.17%), Calcium: 357.75mg (35.77%), Phosphorus: 276.06mg (27.61%), Vitamin B12: 1.56µg (26.06%), Magnesium: 71.05mg (17.76%), Potassium: 502.49mg (14.36%), Vitamin B3: 2.69mg (13.46%), Vitamin B5: 1.07mg (10.72%), Selenium: 7.38µg (10.54%), Zinc: 1.47mg (9.78%), Vitamin B1: 0.12mg (7.89%), Manganese: 0.12mg (6.16%), Vitamin A: 300.9IU (6.02%), Vitamin B6: 0.12mg (5.99%), Folate: 15.19µg (3.8%), Copper: 0.06mg (2.93%)