



White Chocolate Latte

 Gluten Free

READY IN



10 min.

SERVINGS



5

CALORIES



266 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 5 servings garnish: cinnamon sticks
- ☐ 1 cup half-and-half
- ☐ 2 tablespoons coffee granules instant
- ☐ 2 cups milk
- ☐ 1 teaspoon vanilla extract
- ☐ 0.7 cup chocolate morsels white

Equipment

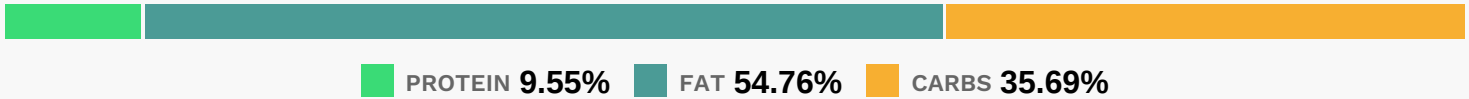
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 sauce pan

Directions

- ☐ Stir first 4 ingredients together in a small saucepan over low heat until white chocolate morsels are melted. Stir in vanilla and almond extracts; pour evenly into 4 mugs. Top with whipped cream, if desired.
- ☐ Garnish, if desired, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.6, Glycemic Load:11.67, Inflammation Score:-3, Nutrition Score:7.5986957213153%

Nutrients (% of daily need)

Calories: 266.2kcal (13.31%), Fat: 16.43g (25.27%), Saturated Fat: 9.88g (61.78%), Carbohydrates: 24.09g (8.03%), Net Carbohydrates: 22.98g (8.36%), Sugar: 21.02g (23.36%), Cholesterol: 33.69mg (11.23%), Sodium: 89.24mg (3.88%), Alcohol: 0.34g (100%), Alcohol %: 0.25% (100%), Caffeine: 62.8mg (20.93%), Protein: 6.45g (12.9%), Calcium: 242.57mg (24.26%), Manganese: 0.39mg (19.61%), Phosphorus: 194.2mg (19.42%), Vitamin B2: 0.3mg (17.62%), Vitamin B12: 0.75µg (12.56%), Potassium: 359.83mg (10.28%), Vitamin D: 1.07µg (7.16%), Vitamin A: 342.55IU (6.85%), Selenium: 4.8µg (6.85%), Magnesium: 27.29mg (6.82%), Vitamin B5: 0.66mg (6.59%), Vitamin B1: 0.09mg (5.67%), Zinc: 0.81mg (5.41%), Vitamin B6: 0.1mg (5.06%), Vitamin B3: 0.93mg (4.64%), Fiber: 1.11g (4.44%), Vitamin K: 3.77µg (3.59%), Vitamin E: 0.45mg (2.98%), Iron: 0.34mg (1.88%), Copper: 0.03mg (1.5%)