



White Chocolate Mocha

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



311 kcal

BEVERAGE

DRINK

Ingredients

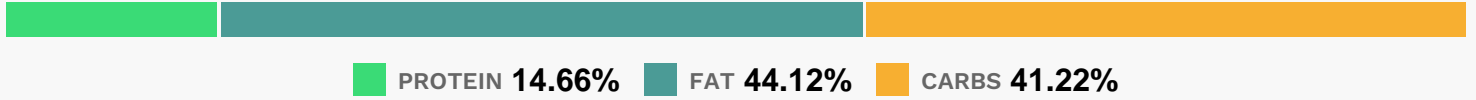
- 1.5 fluid ounce jigger espresso brewed
- 1.3 cups milk 2%
- 2 tablespoons syrup white chocolate flavored

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 white chocolate 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. Top with whipped cream and serve.

Nutrition Facts



Properties

Glycemic Index:70, Glycemic Load:12.21, Inflammation Score:-4, Nutrition Score:11.652608704956%

Nutrients (% of daily need)

Calories: 310.89kcal (15.54%), Fat: 15.41g (23.71%), Saturated Fat: 9.49g (59.29%), Carbohydrates: 32.41g (10.8%), Net Carbohydrates: 32.35g (11.76%), Sugar: 32.38g (35.97%), Cholesterol: 29.81mg (9.94%), Sodium: 171.48mg (7.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 94.03mg (31.34%), Protein: 11.52g (23.05%), Vitamin B2: 0.71mg (41.63%), Calcium: 413.74mg (41.37%), Phosphorus: 326.55mg (32.66%), Vitamin B12: 1.73µg (28.82%), Magnesium: 71.48mg (17.87%), Potassium: 548.59mg (15.67%), Vitamin B3: 2.8mg (14.01%), Selenium: 8.71µg (12.44%), Vitamin B5: 1.24mg (12.42%), Zinc: 1.66mg (11.05%), Vitamin B1: 0.13mg (8.94%), Vitamin B6: 0.13mg (6.48%), Vitamin A: 309.77IU (6.2%), Folate: 17.26µg (4.32%), Manganese: 0.07mg (3.29%), Vitamin K: 3.33µg (3.17%), Copper: 0.06mg (2.88%), Vitamin E: 0.38mg (2.51%), Iron: 0.19mg (1.04%)