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## Hazelnut Nonfat Latte ♦♦

A delicious and creamy latte made with nonfat milk and hazelnut flavoring. Perfect for coffee lovers looking for a low-fat option.

**Recipe Type:** Standard

**Prep Time:** 5 mins

**Cook Time:** 5 mins

**Total Time:** 10 mins

**Recipe Yield:** 250 grams

**Number of Servings:** 1

**Serving Size:** 250 g

### Ingredients

200 ml	Nonfat Milk
30 ml	hazelnut syrup
30 ml	espresso
15 g	whipped cream

### Directions

## Step 1

### Steaming

Steam the nonfat milk until hot and frothy.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 2

Add the hazelnut syrup and espresso to a mug.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 3

Pour the steamed milk over the espresso and syrup.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 4

Top with whipped cream and serve hot.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Nutrition Facts

Calories: 120 kcal

Fat: 0 g

Protein: 8 g

Carbohydrates: 25 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	0 g	0%	0%
Sugars	25 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	120 mg	5.22%	5.22%
Calcium	30 mg	3%	3%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	0 mg	0%	0%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Events

Christmas

Barbecue

### Course

Drinks

Snacks

Sauces & Dressings

### Cultural

Diwali

Hanukkah

Oktoberfest

Passover

### Cost

Under \$10

### Demographics

Teen Friendly

Lactation Friendly

Diabetic Friendly

Heart Healthy

### Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet

Paleo Diet

## Meal Type

Lunch

Snack

Supper

## Difficulty Level

Easy

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