



Healthdor

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Caramel High Rise ♦♦

A delicious caramel-flavored coffee drink made with 2% milk and without whip cream.
Perfect for coffee lovers!

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: N/A

Total Time: 5 mins

Recipe Yield: 300 grams

Number of Servings: 1

Serving Size: 300 g

Ingredients

2 tbsp	caramel syrup
2 oz	Espresso
1 c	2% milk

Directions

Step 1

Brew 2 ounces of espresso.

Prep Time: 0 mins

Cook Time: 0 mins

Step 2

Stirring

In a cup, mix the brewed espresso with 2 tablespoons of caramel syrup.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Steamer

Steam 1 cup of 2% milk.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Pouring

Pour the steamed milk into the cup with the espresso and caramel syrup mixture.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 4 g

Protein: 8 g

Carbohydrates: 34 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	34 g	61.82%	68%
Fibers	0 g	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	32 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	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	6 iu	0.67%	0.86%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	0 mg	0%	0%
Vitamin D	25 mcg	166.67%	166.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	120 mg	5.22%	5.22%
Calcium	30 mg	3%	3%
Iron	0 mg	0%	0%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Events

Christmas Easter Birthday New Year

Meal Type

Breakfast Brunch Lunch Snack Supper

Nutritional Content

Low Calorie

Course

Salads Drinks

Cultural

Chinese New Year Easter

Cost

Under \$10

Demographics

Teen Friendly

Allergy Friendly

Heart Healthy

Diet

The Whole30 Diet

Vegetarian Diet

Vegan Diet

Difficulty Level

Medium

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