



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Cappuccino with Soy Milk

Cappuccino is a popular Italian coffee drink that is traditionally made with espresso, steamed milk, and a layer of frothed milk on top. This recipe uses soy milk instead of dairy milk, making it suitable for vegans. The cappuccino is made without whip cream, resulting in a lighter and healthier version of the classic drink.

Recipe Type: Vegan

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

20 g	Espresso
200 ml	soy milk

Directions

Step 1

Brew a shot of espresso using an espresso machine.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Stove

Heat the soy milk in a saucepan over medium heat until hot but not boiling.

Prep Time: 2 mins

Cook Time: 2 mins

Step 3

Froth the soy milk using a milk frother or by vigorously whisking it.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Pour the hot espresso into a cup and slowly add the frothed soy milk on top.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 70 kcal

Fat: 2 g

Protein: 4 g

Carbohydrates: 8 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	8 g	14.55%	16%
Fibers	1 g	2.63%	4%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	2 g	7.14%	8%
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	50 mcg	2083.33%	2083.33%
Vitamin E	6 mg	40%	40%
Vitamin D	30 mcg	200%	200%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	55 mg	2.39%	2.39%
Calcium	20 mg	2%	2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	4 mg	50%	22.22%
Potassium	180 mg	5.29%	6.92%
Zinc	2 mg	18.18%	25%
Selenium	14 mcg	25.45%	25.45%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Mediterranean Diet

Vegetarian Diet

Vegan Diet

Course

Drinks

Salads

Sauces & Dressings

Cultural

Chinese New Year

Diwali

Easter

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

Heart Healthy

Meal Type

Brunch

Supper

Difficulty Level

Medium

Visit our website: healthdor.com