



Healthdor

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Latte

A warm and comforting drink made with espresso and steamed milk

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: 5 mins

Total Time: 10 mins

Recipe Yield: 240 grams

Number of Servings: 1

Serving Size: 240 g

Ingredients

30 g	espresso
180 ml	2% Milk

Directions

Step 1

Brew the espresso

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Microwaving

Steam the milk

Prep Time: 3 mins

Cook Time: 2 mins

Step 3

Combine the espresso and steamed milk

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 3 g

Protein: 8 g

Carbohydrates: 16 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	16 g	29.09%	32%
Fibers	0 g	0%	0%
Sugars	12 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	3 g	10.71%	12%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	4 iu	0.44%	0.57%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	25 mcg	166.67%	166.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	80 mg	3.48%	3.48%
Calcium	30 mg	3%	3%
Iron	0 mg	0%	0%
Potassium	250 mg	7.35%	9.62%
Zinc	0 mg	0%	0%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

Game Day

Cuisines

Italian

Chinese

Meal Type

Lunch

Dinner

Snack

Supper

Difficulty Level

Medium

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