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## Cappuccino Blast ♦♦

A delicious and creamy cappuccino with a blast of mocha flavor. Perfect for coffee lovers!

**Recipe Type:** Standard

**Prep Time:** 5 mins

**Cook Time:** N/A

**Total Time:** 5 mins

**Recipe Yield:** 250 grams

**Number of Servings:** 1

**Serving Size:** 250 g

### Ingredients

<b>2 oz</b>	Espresso
<b>6 oz</b>	Milk
<b>2 tbsp</b>	mocha syrup
<b>2 tbsp</b>	whipped cream
<b>1 tsp</b>	chocolate shavings

# Directions

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## Step 1

Brew 2 ounces of espresso.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 2

Stove

In a separate container, heat 6 ounces of milk until steaming.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Step 3

Combine the espresso and steamed milk in a cup.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

Stirring

Add 2 tablespoons of mocha syrup and stir well.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

Top with 2 tablespoons of whipped cream and sprinkle with 1 teaspoon of chocolate shavings.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 200 kcal

**Fat:** 7 g

**Protein:** 7 g

**Carbohydrates:** 28 g

## Nutrition Facts

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**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	7 g	41.18%	41.18%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	28 g	50.91%	56%
Fibers	1 g	2.63%	4%
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	1 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	7 g	25%	28%
Cholesterol	15 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	0 mg	0%	0%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	20 mg	2%	2%
Iron	4 mg	50%	22.22%
Potassium	250 mg	7.35%	9.62%
Zinc	2 mg	18.18%	25%
Selenium	4 mcg	7.27%	7.27%

## Recipe Attributes

### Events

Christmas

Easter

Thanksgiving

Barbecue

### Cuisines

Italian

French

### Course

Drinks

Salads

Sauces & Dressings

### Cultural

Chinese New Year

Halloween

### Demographics

Kids Friendly

### Diet

Vegetarian Diet

Vegan Diet

The Negative Calorie Diet

The Subway Diet

The Eat-Clean Diet

The Carnivore Diet

The Optavia Diet

The Dr. Sebi Diet

### Meal Type

Snack

Lunch

Supper

### Difficulty Level

Easy

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