



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Cinnamon Dolce Latte With Sugar Free Syrup

A delicious and comforting coffee drink made with cinnamon dolce syrup and sugar-free syrup. Perfect for a cozy morning or afternoon treat.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: 5 mins

Total Time: 10 mins

Recipe Yield: 400 grams

Number of Servings: 2

Serving Size: 200 g

Ingredients

1 c	espresso or strong brewed coffee
1 c	Milk
2 tbsp	cinnamon dolce syrup
2 tbsp	sugar-free syrup

Directions

Step 1

Brew a cup of espresso or strong coffee.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Stove

In a saucepan, heat the milk over medium heat until hot but not boiling.

Prep Time: 2 mins

Cook Time: 3 mins

Step 3

In two mugs, combine the brewed coffee, cinnamon dolce syrup, and sugar-free syrup.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Pour the hot milk into the mugs, dividing it evenly between them.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Stir well to combine all the ingredients.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 0 g

Protein: 8 g

Carbohydrates: 24 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	24 g	43.64%	48%
Fibers	0 g	0%	0%
Sugars	24 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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	30 mg	3%	3%
Iron	0 mg	0%	0%
Potassium	240 mg	7.06%	9.23%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer

Events

Christmas

Thanksgiving

Barbecue

Meal Type

Brunch

Lunch

Snack

Supper

Nutritional Content

High Fiber

Kitchen Tools

Blender

Oven

Course

Appetizers

Drinks

Salads

Snacks

Cultural

Chinese New Year

Diwali

Christmas

Easter

Halloween

Cost

\$10 to \$20

Difficulty Level

Medium

Visit our website: healthdor.com