



Healthdor

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Cinnamon Spice Mocha no whipped cream ♦♦

A delicious and aromatic coffee beverage with a hint of cinnamon and chocolate.
Perfect for a cozy morning or an afternoon pick-me-up.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: 5 mins

Total Time: 10 mins

Recipe Yield: 300 grams

Number of Servings: 1

Serving Size: 300 g

Ingredients

180 ml	espresso or strong brewed coffee
120 ml	Milk
10 g	cocoa powder
2 g	cinnamon
10 g	sugar

Directions

Step 1

Brew a strong cup of espresso or coffee.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

In a small saucepan, heat the milk over medium heat until steaming.

Prep Time: 2 mins

Cook Time: 3 mins

Step 3

In a mug, combine the brewed coffee, cocoa powder, cinnamon, and sugar. Stir until well mixed.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Pour the steamed milk into the mug, stirring gently to combine.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Optional: sprinkle some cinnamon on top for garnish.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 3 g

Protein: 6 g

Carbohydrates: 18 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	6 g	35.29%	35.29%
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Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	18 g	32.73%	36%
Fibers	1 g	2.63%	4%
Sugars	15 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%
Cholesterol	5 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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	0 mg	0%	0%
Vitamin D	10 mcg	66.67%	66.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	20 mg	2%	2%
Iron	4 mg	50%	22.22%
Potassium	250 mg	7.35%	9.62%
Zinc	4 mg	36.36%	50%
Selenium	4 mcg	7.27%	7.27%

Recipe Attributes

Events

Christmas

Cuisines

Italian

Course

Breads

Drinks

Cultural

Cinco de Mayo

Cost

\$20 to \$30

Demographics

Senior Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Vegan Diet

Pescatarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

Gluten-Free Diet

The Swiss Secret Diet

The Israeli Army Diet

The Air Diet

Meal Type

Brunch

Snack

Supper

Difficulty Level

Medium

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