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## Eggnog Latte ♦♦

Eggnog Latte is a warm and creamy coffee beverage that combines the rich flavors of eggnog and espresso. It is a popular holiday drink and is often enjoyed during the winter season. The eggnog adds a touch of sweetness and a hint of nutmeg, while the espresso provides a bold and robust flavor. This recipe is perfect for those who love the taste of eggnog and want to enjoy it in a delicious and comforting way.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 5 mins

**Total Time:** 15 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 1

**Serving Size:** 500 g

### Ingredients

<b>2 shots</b>	Espresso
<b>1 c</b>	eggnog
<b>1 c</b>	Milk
<b>2 tbsp</b>	Sugar

1 tsp Nutmeg

## Directions

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### Step 1

Brew 2 shots of espresso.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Stove

In a saucepan, heat the eggnog, milk, sugar, and nutmeg over medium heat until hot, but not boiling.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 3

Blender

Pour the hot eggnog mixture into a blender and blend until frothy.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

Pour the frothy eggnog mixture into a mug and add the brewed espresso shots.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

Sprinkle some nutmeg on top for garnish.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 300 kcal

**Fat:** 10 g

**Protein:** 8 g

**Carbohydrates:** 40 g

## Nutrition Facts

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**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	40 g	72.73%	80%
Fibers	0 g	0%	0%
Sugars	35 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	10 g	35.71%	40%
Cholesterol	50 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	0 mg	0%	0%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	6 mcg	250%	250%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	10 mcg	66.67%	66.67%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	120 mg	5.22%	5.22%
Calcium	20 mg	2%	2%
Iron	2 mg	25%	11.11%
Potassium	250 mg	7.35%	9.62%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

**Events**

Christmas

**Meal Type**

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

### Nutritional Content

Low Calorie

### Course

Drinks

Breads

Snacks

Sauces & Dressings

### Cultural

Christmas

Easter

Halloween

### Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

Over \$50

### Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Pregnancy Safe

### Difficulty Level

Easy

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