



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Iced Skinny Cinnamon Dolce Latte <sup>♦</sup>

The Iced Skinny Cinnamon Dolce Latte is a refreshing and flavorful coffee beverage. It combines the rich taste of espresso with the sweetness of cinnamon dolce syrup, all topped with a frothy layer of milk. This drink is perfect for those who want a delicious and guilt-free coffee treat.

**Recipe Type:** Standard

**Prep Time:** 5 mins

**Cook Time:** N/A

**Total Time:** 5 mins

**Recipe Yield:** 355 grams

**Number of Servings:** 1

**Serving Size:** 355 g

### Ingredients

<b>2 oz</b>	Espresso
<b>2 tbsp</b>	cinnamon dolce syrup
<b>10 oz</b>	Skim Milk
<b>8 cubes</b>	Ice

# Directions

---

## Step 1

Brew 2 ounces of espresso.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

---

## Step 2

**Stirring**

In a glass, combine the brewed espresso, cinnamon dolce syrup, and ice cubes.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

---

## Step 3

**Pouring**

Pour 10 ounces of skim milk over the espresso mixture.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

---

## Step 4

**Stirring**

Stir well and enjoy!

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 80 kcal

**Fat:** 0 g

**Protein:** 7 g

**Carbohydrates:** 13 g

## Nutrition Facts

### 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	13 g	23.64%	26%
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	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	5 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%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	70 mg	3.04%	3.04%
Calcium	25 mg	2.5%	2.5%
Iron	0 mg	0%	0%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Events

Christmas Mother's Day Picnic

### Course

Soups Drinks Breads Snacks

### Diet

Anti-Inflammatory Diet Mediterranean Diet  
 DASH Diet (Dietary Approaches to Stop Hypertension) Atkins Diet  
 Vegetarian Diet Vegan Diet Ovo-Vegetarian Diet Lacto-Vegetarian Diet

### Cultural

Chinese New Year

### Cost

Under \$10

### Demographics

Senior Friendly

Diabetic Friendly

Heart Healthy

### Meal Type

Lunch

Snack

Supper

### Difficulty Level

Medium

Visit our website: [healthdor.com](http://healthdor.com)