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Nonfat Hazelnut Latte ♦♦

A delicious nonfat hazelnut latte made with freshly brewed coffee, nonfat milk, and a hint of hazelnut flavor. Perfect for coffee lovers who want a low-fat option.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: 10 mins

Total Time: 15 mins

Recipe Yield: 250 grams

Number of Servings: 1

Serving Size: 250 g

Ingredients

200 ml	freshly brewed coffee
50 ml	nonfat milk
15 ml	hazelnut syrup

Directions

Step 1

Brew a strong cup of coffee using your preferred method.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

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

Prep Time: 2 mins

Cook Time: 5 mins

Step 3

Blender

Pour the hot milk into a blender and blend on high speed for 30 seconds to create foam.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

In a mug, combine the brewed coffee, hazelnut syrup, and foamed milk.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Stir well and enjoy your nonfat hazelnut latte!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 100 kcal

Fat: 0 g

Protein: 5 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	0 g	0%	0%
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	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	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%

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

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	20 mg	2%	2%
Iron	0 mg	0%	0%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Events

Christmas Thanksgiving Barbecue

Cuisines

Italian Thai

Course

Drinks Salads Sauces & Dressings

Cultural

Easter

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

Vegetarian Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Low Sodium Diet

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Difficulty Level

Easy

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