



Healthdor

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## Iced Caramel Latte ♦♦

Iced Caramel Latte is a refreshing coffee beverage that combines the rich flavors of caramel and espresso with cold milk and ice. It is perfect for those hot summer days or as a pick-me-up in the afternoon. The caramel adds a sweet and indulgent touch to the classic latte, making it a delightful treat for coffee lovers.

**Recipe Type:** Standard

**Prep Time:** 5 mins

**Cook Time:** N/A

**Total Time:** 5 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 1

**Serving Size:** 500 g

### Ingredients

<b>2 shots</b>	Espresso
<b>2 tbsp</b>	caramel syrup
<b>250 ml</b>	Milk
<b>8 cubes</b>	Ice

# Directions

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## Step 1

Brew 2 shots of espresso.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 2

Pour the caramel syrup into a glass.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 3

Add the brewed espresso to the glass.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

**Stirring**

Stir well to combine the caramel syrup and espresso.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

Fill the glass with ice cubes.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 6

Pour the milk over the ice.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 7

**Stirring**

Stir gently to mix the milk with the espresso and caramel.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 8

**Serving**

Serve immediately and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 150 kcal

**Fat:** 4 g

**Protein:** 5 g

**Carbohydrates:** 24 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	24 g	43.64%	48%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	0 g	0%	0%
Sugars	22 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	4 g	14.29%	16%
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	4 mcg	166.67%	166.67%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	80 mg	3.48%	3.48%
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

### Seasonality

Summer Fall

### Events

Christmas Barbecue

### Course

Drinks Salads Sauces & Dressings

### Cultural

Easter

### Demographics

Pregnancy Safe

### Diet

Vegetarian Diet

Pescatarian Diet

The Migraine Diet

The Celiac Disease Diet

The Tinnitus Diet

The Dysphagia Diet

The Sjögren's Syndrome Diet

The Mast Cell Activation Syndrome (MCAS) Diet

The Chronic Pancreatitis Diet

The Lupus Diet

The Post-Traumatic Stress Disorder (PTSD) Diet

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Easy

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