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Cappuccino ·

Cappuccino is a popular Italian coffee drink that is made with equal parts espresso, steamed milk, and milk foam. It is typically consumed in the morning or after a meal. The name 'cappuccino' comes from the Capuchin friars, an order of monks known for their distinctive brown hooded robes, which resemble the color of the drink.

Recipe Type: Standard Prep Time: 5 mins

Cook Time: 5 mins Total Time: 10 mins

Recipe Yield: 250 grams Number of Servings: 1

Serving Size: 250 g

Ingredients

30 g	Espresso
150 ml	Milk
150 ml	milk foam

Directions

Step 1

Brew a shot of espresso.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Steaming

Steam the milk until it reaches a temperature of around 65°C.

Prep Time: 2 mins

Cook Time: 2 mins

Step 3

Pour the steamed milk over the espresso, holding back the foam with a spoon.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Spoon the milk foam on top of the drink.

Prep Time: 0 mins

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600	Κ	Time:	U	mins

Nutrition Facts

Calories: 120 kcal

Fat: 6 g

Protein: 6 g

Carbohydrates: 12 g

Nutrition Facts

Proteins

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

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	12 g	21.82%	24%
Fibers	0 g	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	3 g	13.64%	17.65%
Fat	6 g	21.43%	24%
Cholesterol	15 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%
Vitamin B6	0 mg	0%	0%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	20 mg	2%	2%
Iron	0 mg	0%	0%
Potassium	200 mg	5.88%	7.69%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Spring Summer

Events

Christmas

Cuisines

Italian French Thai Mediterranean American

Course

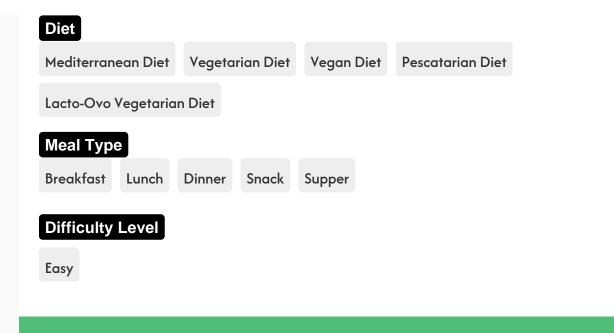
Drinks Salads Snacks

Cultural

Chinese New Year Easter

Demographics

Kids Friendly Teen Friendly



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