



Healthdor

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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

<b>30 g</b>	Espresso
<b>150 ml</b>	Milk
<b>150 ml</b>	milk foam

# Directions

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## Step 1

Brew a shot of espresso.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 2

Steaming

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

**Prep Time:** 2 mins

**Cook Time:** 2 mins

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## Step 3

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

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 4

Spoon the milk foam on top of the drink.

**Prep Time:** 0 mins

**Cook Time:** 0 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

## Diet

Mediterranean Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Lacto-Ovo Vegetarian Diet

## Meal Type

Breakfast

Lunch

Dinner

Snack

Supper

## Difficulty Level

Easy

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