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Mocha · ·

Mocha is a popular coffee-based beverage that combines espresso with chocolate. It is often enjoyed as a dessert or a special treat. The rich and creamy taste of mocha is loved by coffee enthusiasts around the world.

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 ml	Espresso
200 ml	Milk
10 g	cocoa powder
10 g	sugar
20 g	whipped cream

15 ml chocolate syrup

Directions

Step 1

Brew a shot of espresso.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Stove

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

Prep Time: 2 mins

Cook Time: 3 mins

Step 3

In a mug, combine the brewed espresso, cocoa powder, and sugar. Stir until the cocoa powder and sugar are dissolved.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Pour the hot milk into the mug and stir well to combine.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Top with whipped cream and drizzle with chocolate syrup.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 180 kcal

Fat: 7 g

Protein: 7 g

Carbohydrates: 23 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	23 g	41.82%	46%
Fibers	2 g	5.26%	8%
Sugars	20 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	7 g	25%	28%
Cholesterol	16 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	3 mcg	125%	125%
Vitamin E	0 mg	0%	0%
Vitamin D	10 mcg	66.67%	66.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	77 mg	3.35%	3.35%
Calcium	24 mg	2.4%	2.4%
Iron	4 mg	50%	22.22%
Potassium	292 mg	8.59%	11.23%
Zinc	4 mg	36.36%	50%
Selenium	9 mcg	16.36%	16.36%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

Game Day

Meal Type

Breakfast

Lunch

Dinner

Snack

Supper

Difficulty Level

Easy

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