



Healthdor

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## Iced Vanilla Latte Lite ♦

Iced Vanilla Latte Lite is a refreshing and light beverage that combines the flavors of vanilla and coffee. It is perfect for those who want a delicious and low-calorie drink to enjoy during hot summer days.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 2

**Serving Size:** 250 g

### Ingredients

<b>1 c</b>	Coffee
<b>1 tsp</b>	vanilla extract
<b>1 c</b>	Milk
<b>2 c</b>	ice cubes
<b>2 tsp</b>	sweetener

## Directions

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### Step 1

Brew a cup of coffee and let it cool.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Blending

In a blender, combine the cooled coffee, milk, vanilla extract, sweetener, and ice cubes.

Blend until smooth.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Pour the mixture into glasses and serve chilled.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 50 kcal

**Fat:** 0 g

**Protein:** 2 g

**Carbohydrates:** 10 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	0 g	0%	0%
Sugars	10 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	2 iu	0.22%	0.29%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	8 mg	0.8%	0.8%
Iron	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	100 mg	2.94%	3.85%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Barbecue

### Cuisines

Middle Eastern

### Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium  
Sugar-Free High Calcium

### Course

Drinks Salads Snacks Sauces & Dressings

### Cultural

Chinese New Year Oktoberfest

### Demographics

Teen Friendly

### Meal Type

Snack

Supper

**Difficulty Level**

Easy

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