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## Iced Caramel Mocha Latte ♦♦

A refreshing and indulgent coffee beverage made with iced espresso, caramel sauce, chocolate syrup, and milk.

**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>2 oz</b>	Espresso
<b>2 tbsp</b>	caramel sauce
<b>2 tbsp</b>	chocolate syrup
<b>1 c</b>	Milk
<b>2 c</b>	ice cubes

## Directions

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### Step 1

Brew the espresso 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 espresso, caramel sauce, chocolate syrup, milk, and ice cubes. Blend until smooth.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 3

Pour the mixture into glasses and serve chilled.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 200 kcal

**Fat:** 5 g

**Protein:** 5 g

**Carbohydrates:** 35 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	35 g	63.64%	70%
Fibers	1 g	2.63%	4%
Sugars	30 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	5 g	17.86%	20%
Cholesterol	10 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	6 mcg	250%	250%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	15 mg	1.5%	1.5%
Iron	2 mg	25%	11.11%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	200 mg	5.88%	7.69%
Zinc	0 mg	0%	0%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Easter Thanksgiving Birthday

### Course

Drinks Salads Sauces & Dressings

### Cultural

Easter

### Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$30 to \$40

### Demographics

Kids Friendly Teen Friendly Allergy Friendly Diabetic Friendly Heart Healthy

### Diet

Mediterranean Diet

### Meal Type

Lunch Dinner Snack

## Difficulty Level

Easy

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