



Healthdor

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Coffee Dutch Latté ♦♦

A delicious and creamy coffee drink made with Dutch Latté. It is a popular choice for coffee lovers who enjoy a rich and smooth flavor.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: 5 mins

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

20 g	dutch latté
200 ml	Hot Water
200 ml	Milk
2 tsp	Sugar

Directions

Step 1

Brew the Dutch Latté according to the instructions on the packaging.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Stove

Heat the milk in a saucepan until hot, but not boiling.

Prep Time: 2 mins

Cook Time: 2 mins

Step 3

In a cup, combine the brewed Dutch Latté, hot water, and sugar. Stir well.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Pour the hot milk into the cup with the coffee mixture. Stir gently.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 5 g

Protein: 5 g

Carbohydrates: 20 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	20 g	36.36%	40%
Fibers	0 g	0%	0%
Sugars	10 g	N/A	N/A
Lactose	10 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 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	100 iu	11.11%	14.29%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	150 mg	15%	15%
Iron	1 mg	12.5%	5.56%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Events

Christmas

Meal Type

Breakfast

Brunch

Snack

Supper

Course

Drinks

Salads

Snacks

Cultural

Chinese New Year

Easter

Cost

Under \$10

Demographics

Senior Friendly

Heart Healthy

Diet

The Whole30 Diet

Vegetarian Diet

Raw Food Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Engine 2 Diet

Ayurvedic Diet

Anti-Inflammatory Diet

Gluten-Free Diet

Low Sodium Diet

Difficulty Level

Easy

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