

Holiday Au Lait Recipe

Walmart Food Stores

Servings: 6

2 cups hot brewed coffee
2 cups milk, heated
3/4 cup liquid creamer
1 tablespoon vanilla extract
3/4 teaspoon ground cinnamon
3/4 teaspoon ground nutmeg
cinnamon sticks (optional)

In a large container, combine the coffee, milk, liquid creamer, vanilla extract, cinnamon and nutmeg.

Serve with cinnamon sticks.

Start to Finish Time: 5 minutes

Per Serving (excluding unknown items): 58 Calories; 3g Fat (45.9% calories from fat); 3g Protein; 5g Carbohydrate; trace Dietary Fiber; 11mg Cholesterol; 40mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Non-Fat Milk; 1/2 Fat.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	58
% Calories from Fat:	45.9%
% Calories from Carbohydrates:	34.6%
% Calories from Protein:	19.5%
Total Fat (g):	3g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	11mg
Carbohydrate (g):	5g
Dietary Fiber (g):	trace
Protein (g):	3g
Sodium (mg):	40mg
Potassium (mg):	126mg
Calcium (mg):	101mg
Iron (mg):	trace
Zinc (mg):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	4mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	6
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1/2
Fat:	1/2
Other Carbohydrates:	0

Vitamin C (mg): 1mg
Vitamin A (i.u.): 104IU
Vitamin A (r.e.): 31RE

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 58 Calories from Fat: 27

% Daily Values*

Total Fat 3g	4%
Saturated Fat 2g	9%
Cholesterol 11mg	4%
Sodium 40mg	2%
Total Carbohydrates 5g	2%
Dietary Fiber trace	1%
Protein 3g	
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Vitamin A	2%
Vitamin C	1%
Calcium	10%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.