

# Cafe Con Leche

Yield: 1 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/cafe-con-leche-recipe-mexican>

## Ingredients:

- 2 tablespoons coffee finely ground; or amount needed for pot
- 1/2 cup water or amount needed for pot
- 3 1/2 ounces espresso brewed
- 1/2 cup milk whole
- 1/2 teaspoon white granulated sugar to taste, optional

## Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 10 milligrams
4. Fat: 3 grams
5. Protein: 6 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 105 milligrams
8. Sugar: 10 grams

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