

iced lavender cream oatmilk matcha nutrition facts

iced lavender cream oatmilk matcha nutrition facts offer valuable insights into the nutritional profile of this popular beverage. As consumers increasingly seek plant-based, flavorful, and health-conscious drink options, the combination of matcha, oatmilk, lavender, and cream has gained significant attention. This unique blend not only provides a refreshing taste experience but also presents a mix of nutrients, antioxidants, and potential health benefits. Understanding the nutrition facts of iced lavender cream oatmilk matcha helps individuals make informed choices concerning their dietary intake and wellness goals. This article explores the macronutrient content, vitamins, minerals, and other nutritional aspects of this beverage. It also examines the health implications of its key ingredients and offers guidance on how it fits within a balanced diet.

- Nutritional Composition of Iced Lavender Cream Oatmilk Matcha
- Health Benefits of Key Ingredients
- Caloric and Macronutrient Breakdown
- Vitamins and Minerals Profile
- Potential Dietary Considerations and Allergens

Nutritional Composition of Iced Lavender Cream Oatmilk Matcha

The nutritional composition of iced lavender cream oatmilk matcha is influenced by each of its main components: matcha green tea, oatmilk, lavender syrup, and cream. Each ingredient contributes distinct nutrients, antioxidants, and flavor elements, making the overall nutritional profile diverse and complex. Matcha powder is known for its concentrated antioxidants, while oatmilk provides a dairy-free source of carbohydrates and some protein. Lavender syrup adds sweetness and flavor but also increases sugar content, and cream contributes fats and calories that affect the beverage's richness and energy density.

Matcha Green Tea Powder

Matcha is finely ground powdered green tea leaves and contains a high concentration of antioxidants, especially catechins such as epigallocatechin gallate (EGCG). It also provides a moderate amount of caffeine, amino acids like L-theanine, and trace minerals. Matcha boosts metabolism and supports mental alertness, making it a functional ingredient in this beverage.

Oatmilk Base

Oatmilk is a plant-based milk alternative made from oats and water. It is naturally cholesterol-free, low in saturated fat, and often fortified with vitamins such as vitamin D, B12, and calcium. Oatmilk contains dietary fiber, particularly beta-glucans, which promote heart health. The carbohydrate content is relatively high compared to other plant milks, contributing to the beverage's energy content.

Lavender Syrup

Lavender syrup is typically a sweetened extract infused with lavender flowers, adding floral notes and sweetness to the drink. It is primarily composed of sugars, which increase the beverage's calorie count and glycemic load. While lavender itself contains antioxidants, the syrup's nutritional contribution is largely from added sugars rather than vitamins or minerals.

Cream Addition

The cream component in iced lavender cream oatmilk matcha adds richness and smooth texture. It increases the fat content, especially saturated fats, and contributes to the overall caloric density. The fat from cream can improve satiety but should be consumed mindfully within a balanced diet due to its impact on cardiovascular health if consumed in excess.

Health Benefits of Key Ingredients

Each ingredient in iced lavender cream oatmilk matcha offers unique health benefits that contribute to the beverage's appeal beyond flavor and texture. These benefits stem from its antioxidant content, plant-based nutrients, and functional compounds.

Antioxidant Properties of Matcha

Matcha is renowned for its potent antioxidant profile, which helps neutralize free radicals and reduce oxidative stress. The high levels of EGCG have been linked to reduced inflammation, improved cardiovascular health, and potential anticancer effects. Drinking matcha supports immune function and may enhance cognitive performance.

Cardiovascular Support from Oatmilk

Oatmilk contains beta-glucans, soluble fibers that help lower LDL cholesterol levels and improve heart health. It is also naturally low in saturated fats and free from cholesterol, making it a heart-friendly alternative to dairy milk. Fortified oatmilk can provide essential nutrients that support bone health and overall wellness.

Calming Effects of Lavender

Lavender is traditionally used for its calming and anti-anxiety properties. Consuming lavender in syrup form may contribute mild relaxation effects, though the sugar content should be considered. Lavender's aromatic compounds also have anti-inflammatory and antimicrobial properties, adding functional value to the beverage.

Energy and Satiety from Cream

The cream in the drink delivers fats that provide long-lasting energy and promote satiety. While saturated fats should be consumed in moderation, they are necessary for absorption of fat-soluble vitamins and hormone production. The cream enhances the mouthfeel and richness of the iced matcha, making it more satisfying.

Caloric and Macronutrient Breakdown

Understanding the caloric and macronutrient content of iced lavender cream oatmilk matcha is essential for those monitoring their energy intake or managing macronutrient distribution in their diets.

Calories

The calorie count of the beverage varies depending on portion size and the amount of cream and syrup used. On average, an 16-ounce serving contains approximately 150 to 250 calories. The calories derive primarily from carbohydrates (sugars in lavender syrup and oatmilk) and fats (from cream).

Carbohydrates

Carbohydrates make up the largest macronutrient portion, primarily from oatmilk and added lavender syrup. A typical serving can have 20 to 30 grams of carbohydrates, with sugars accounting for a significant part. The natural sugars in oatmilk and added sugars in lavender syrup contribute to the total carbohydrate count.

Fats

Fats mainly come from the added cream, contributing 5 to 10 grams per serving, including saturated fats. The fat content enhances flavor and satiety but should be balanced with other dietary fats throughout the day.

Protein

Protein content is relatively low, generally around 1 to 3 grams per serving, coming mostly from

oatmilk. While not a significant protein source, the drink contributes modestly to daily protein intake.

Vitamins and Minerals Profile

Iced lavender cream oatmilk matcha provides essential vitamins and minerals, especially when oatmilk is fortified. The nutrient content can vary by brand and preparation method.

Key Vitamins

Oatmilk is often fortified with vitamin D, vitamin B12, and riboflavin, which support bone health, energy metabolism, and neurological function. Matcha contributes small amounts of vitamin A and C, enhancing antioxidant defense. The cream adds vitamin A and some calcium as well.

Important Minerals

The beverage supplies minerals such as calcium, potassium, and magnesium. Fortified oatmilk is a good source of calcium, important for bone strength. Matcha contains trace amounts of iron and zinc, contributing to immune function and oxygen transport.

Potential Dietary Considerations and Allergens

While iced lavender cream oatmilk matcha offers many nutritional benefits, there are dietary considerations and allergens to be aware of for certain individuals.

Allergens and Intolerances

The beverage is generally suitable for lactose-intolerant individuals when oatmilk is used; however, the addition of cream introduces dairy, which may not be suitable for those with dairy allergies or strict vegan diets. People with oat allergies should avoid oatmilk-based versions. Lavender syrup is typically safe but may contain additives or preservatives.

Sugar Content and Blood Sugar Impact

The added lavender syrup increases the sugar content substantially, which may affect blood glucose levels. Individuals managing diabetes or insulin sensitivity should monitor their intake or request reduced syrup options to lower sugar exposure.

Caloric Density and Weight Management

The combination of fats and sugars makes the beverage moderately calorie-dense. Those focusing on weight management should consider portion size and overall daily caloric intake when including iced

lavender cream oatmilk matcha in their diet.

- Contains dairy if cream is included; not vegan unless cream is omitted or substituted
- Potential allergen: oats (for those with oat sensitivity)
- High sugar content from lavender syrup
- Moderate caffeine content from matcha
- Rich in antioxidants and fortified vitamins/minerals

Frequently Asked Questions

What are the main nutritional components of an iced lavender cream oatmilk matcha?

An iced lavender cream oatmilk matcha typically contains calories from oatmilk, natural sugars from lavender syrup or flavoring, antioxidants from matcha, and moderate amounts of carbohydrates and fats depending on the cream used.

Is iced lavender cream oatmilk matcha a good source of antioxidants?

Yes, matcha is rich in antioxidants called catechins, which can help protect the body from free radicals and provide health benefits.

How many calories are typically in an iced lavender cream oatmilk matcha?

A standard serving of iced lavender cream oatmilk matcha usually contains between 150 to 250 calories, depending on the amount of oatmilk, cream, and added sweeteners.

Does iced lavender cream oatmilk matcha contain caffeine?

Yes, matcha contains caffeine, so an iced lavender cream oatmilk matcha will have a moderate caffeine content, roughly equivalent to a cup of green tea.

Is iced lavender cream oatmilk matcha suitable for vegans?

If the cream used is plant-based and the oatmilk is dairy-free, then iced lavender cream oatmilk matcha can be suitable for vegans.

How much sugar is in an iced lavender cream oatmilk matcha?

The sugar content varies based on added syrups and sweeteners, but it typically contains around 15 to 30 grams of sugar per serving.

What vitamins and minerals are found in iced lavender cream oatmilk matcha?

This drink can provide small amounts of vitamins such as vitamin D and B vitamins from oatmilk, calcium from fortified oatmilk, and antioxidants from matcha.

Is iced lavender cream oatmilk matcha a good option for lactose-intolerant individuals?

Yes, since it uses oatmilk and can be made with non-dairy cream, iced lavender cream oatmilk matcha is generally lactose-free and suitable for lactose-intolerant individuals.

Can iced lavender cream oatmilk matcha help with hydration?

While it contains fluids that contribute to hydration, the caffeine in matcha has mild diuretic effects, so it should be consumed alongside water for optimal hydration.

Does iced lavender cream oatmilk matcha contain any allergens?

It may contain allergens such as oats (for those with oat allergies) and any ingredients in the lavender syrup or cream, so it's important to check ingredient lists if you have food allergies.

Additional Resources

1. The Nutritional Power of Iced Lavender Cream Oatmilk Matcha

This book dives deep into the health benefits of combining matcha with oatmilk infused with lavender cream. It explores the antioxidant properties, vitamins, and minerals found in each ingredient, and how they contribute to overall wellness. Readers will find detailed nutritional breakdowns and practical tips on incorporating this beverage into a balanced diet.

2. Matcha and Oatmilk: A Nutritional Guide to Iced Lavender Cream Blends

Focusing on the synergy between matcha and oatmilk, this guide explains how these ingredients work together to provide sustained energy and improved digestion. The addition of lavender cream is analyzed for its calming effects and nutrient content. The book includes simple recipes and advice on selecting quality ingredients for maximum nutrition.

3. Healing Herbs and Drinks: The Science Behind Lavender, Matcha, and Oatmilk

This comprehensive volume covers the therapeutic benefits of lavender, matcha, and oatmilk, emphasizing their nutritional profiles. It presents scientific studies supporting their roles in mental clarity, stress reduction, and gut health. The book is perfect for health enthusiasts interested in herbal nutrition and functional beverages.

4. *The Art and Science of Iced Matcha with Lavender and Oatmilk*

Blending culinary art with nutritional science, this book offers insights into crafting the perfect iced lavender cream oatmilk matcha. It details the nutritional values, flavor pairing, and health advantages of each component. Readers will also discover tips for homemade oatmilk and lavender infusions to enhance their drinks.

5. *Superfood Beverages: Exploring Matcha, Lavender, and Oatmilk Nutrition*

Highlighting the superfood status of matcha and the plant-based benefits of oatmilk, this book discusses how lavender cream adds a unique nutritional twist. It breaks down key nutrients like antioxidants, fiber, and vitamins, and explains their impact on metabolism and immune function. The book also includes nutritional charts and easy-to-follow recipes.

6. *Lavender-Infused Matcha Drinks: Nutritional Facts and Wellness Benefits*

Dedicated to lavender-infused beverages, this book explores the calming and anti-inflammatory properties of lavender combined with the energizing qualities of matcha and oatmilk. It presents detailed nutrition facts and explains how these drinks support relaxation and mental focus. The book is suited for those looking to enhance their diet with herbal drinks.

7. *The Ultimate Guide to Plant-Based Creamers: Oatmilk and Lavender Matcha*

This guide focuses on plant-based creamers, with a special emphasis on oatmilk and lavender cream in matcha drinks. It analyzes the nutritional content, including macronutrients and micronutrients, and discusses their benefits for lactose-intolerant and vegan consumers. The book provides practical advice on choosing and making plant-based creamers at home.

8. *Functional Ingredients in Iced Lavender Cream Oatmilk Matcha*

Exploring the functional ingredients that make iced lavender cream oatmilk matcha a nutritious choice, this book explains the roles of antioxidants, polyphenols, and essential fatty acids. It highlights how these components contribute to reducing inflammation and enhancing cognitive function. Readers will learn about ingredient sourcing and preparation methods to maximize health benefits.

9. *From Farm to Cup: The Journey of Oatmilk, Lavender, and Matcha Nutrition*

Tracing the origins of oatmilk, lavender, and matcha, this book provides an in-depth look at their nutritional qualities from source to final beverage. It discusses sustainable farming practices and how they influence the nutrient density of these ingredients. The book is ideal for readers interested in the environmental and nutritional aspects of their favorite iced drinks.

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