

iced lavender oatmilk latte nutrition facts

iced lavender oatmilk latte nutrition facts provide essential insights into the nutritional composition of this popular beverage. As a blend of espresso, oatmilk, and lavender syrup served chilled, the iced lavender oatmilk latte has gained traction among coffee enthusiasts seeking a flavorful yet dairy-free option. Understanding the calorie content, macronutrients, and potential health benefits or concerns is crucial for consumers who want to make informed dietary choices. This article delves into the detailed nutrition facts, ingredient breakdown, and health implications of the iced lavender oatmilk latte. Additionally, it explores variations, allergen considerations, and tips for customizing the drink to meet specific nutritional needs. The following sections will guide readers through everything they need to know about the iced lavender oatmilk latte nutrition facts.

- Caloric and Macronutrient Breakdown
- Key Ingredients and Their Nutritional Contributions
- Health Benefits of an Iced Lavender Oatmilk Latte
- Potential Allergens and Dietary Considerations
- Variations and Customization Options

Caloric and Macronutrient Breakdown

The caloric and macronutrient profile of an iced lavender oatmilk latte is influenced by its main components: espresso, oatmilk, and lavender syrup. Each ingredient contributes differently to the overall nutrition facts, impacting total calories, carbohydrates, fats, and protein content.

Calories

The average 16-ounce iced lavender oatmilk latte contains approximately 150 to 200 calories. The majority of these calories originate from the oatmilk and lavender syrup, as espresso itself is very low in calories.

Carbohydrates

Carbohydrates make up the largest macronutrient in this beverage due to the

natural sugars present in oatmilk and added sugars from lavender syrup. Typically, the drink contains around 25 to 30 grams of carbohydrates per serving. This includes:

- Natural sugars from oats in the oatmilk
- Added sugars from lavender syrup
- Trace carbohydrates from espresso

Fats

The fat content in an iced lavender oatmilk latte is relatively low, generally ranging from 2 to 4 grams per serving. Oatmilk contributes mostly unsaturated fats, which are considered heart-healthy.

Protein

Protein content is modest, averaging 2 to 3 grams per latte. Oatmilk provides plant-based protein, while espresso contributes negligible amounts.

Key Ingredients and Their Nutritional Contributions

Understanding the nutritional roles of the primary ingredients in an iced lavender oatmilk latte helps clarify its overall nutrition facts and potential health impacts.

Espresso

Espresso is a concentrated coffee brewed by forcing hot water through finely-ground coffee beans. It is almost calorie-free, containing less than 5 calories per shot. Besides caffeine, espresso offers trace amounts of vitamins and minerals such as magnesium and potassium.

Oatmilk

Oatmilk is a plant-based milk alternative made by blending oats with water. It is naturally lactose-free and contains beta-glucans, a type of soluble fiber beneficial for heart health. Nutritionally, oatmilk provides:

- Approximately 120 calories per cup (8 ounces)

- 2 to 3 grams of protein
- 5 to 7 grams of carbohydrates, including fiber
- 2 to 3 grams of fat
- Fortified vitamins such as vitamin D and B12 in some brands

Lavender Syrup

Lavender syrup is a sweetened flavoring agent infused with lavender essence. It primarily contributes added sugars and calories. A tablespoon of lavender syrup typically contains about 50 calories and 12 to 15 grams of sugar. The syrup adds a unique floral flavor but also increases the carbohydrate and sugar content of the latte.

Health Benefits of an Iced Lavender Oatmilk Latte

The iced lavender oatmilk latte offers several potential health benefits stemming from its ingredients and nutritional profile, making it an appealing choice for health-conscious consumers.

Plant-Based and Lactose-Free

Since oatmilk is the primary milk base, the latte is suitable for individuals with lactose intolerance or those following a vegan diet. Oatmilk's plant-based nature helps reduce dairy-related digestive discomfort and supports ethical and environmental preferences.

Source of Dietary Fiber

Oatmilk contains beta-glucans, a soluble fiber that can support heart health by lowering cholesterol levels. While the amount in a single latte serving is not large, it contributes modestly to daily fiber intake.

Antioxidant Properties

Lavender and coffee both contain antioxidants that help combat oxidative stress. The floral notes from lavender may provide mild relaxation effects, while coffee delivers caffeine and polyphenols linked to improved cognitive function.

Low in Saturated Fat

Compared to dairy-based lattes, the oatmilk version is lower in saturated fat, which aligns with dietary guidelines promoting heart-healthy fat consumption.

Potential Allergens and Dietary Considerations

While the iced lavender oatmilk latte is suitable for many, certain allergens and dietary factors should be considered when evaluating its nutrition facts.

Gluten Sensitivity

Though oats themselves are gluten-free, cross-contamination can occur during processing. Individuals with celiac disease or gluten intolerance should ensure the oatmilk used is certified gluten-free.

Sugar Content

The lavender syrup significantly increases the sugar content of the latte. People monitoring their sugar intake, such as those with diabetes or on low-sugar diets, should be cautious and consider requesting reduced syrup or sugar-free alternatives.

Caffeine Levels

An iced lavender oatmilk latte typically contains one or two shots of espresso, delivering approximately 60 to 120 milligrams of caffeine. Individuals sensitive to caffeine or advised to limit intake should keep this in mind.

Variations and Customization Options

Customization plays a significant role in tailoring the iced lavender oatmilk latte to specific nutritional preferences or restrictions. Various options can alter the nutrition facts accordingly.

Milk Alternatives

While oatmilk is standard, some consumers substitute almond milk, soy milk, or coconut milk, each with unique nutritional profiles:

- **Almond milk:** Lower in calories and carbohydrates, but also lower in

protein.

- **Soy milk:** Higher in protein, comparable calories.
- **Coconut milk:** Higher in saturated fat, lower in protein.

Syrup Modifications

Reducing or omitting lavender syrup lowers sugar and caloric content. Sugar-free or natural sweetener alternatives like stevia or monk fruit can be used to maintain sweetness without added sugars.

Size Adjustments

Choosing smaller serving sizes decreases overall calorie, sugar, and caffeine intake. Many coffee shops offer multiple sizes, allowing consumers to manage portion control effectively.

Additional Ingredients

Some variations incorporate toppings such as whipped cream or lavender sprigs, which contribute additional calories and fats. Awareness of these additions is essential when considering the complete nutritional picture.

Frequently Asked Questions

What are the typical calorie counts for an iced lavender oatmilk latte?

An iced lavender oatmilk latte generally contains between 150 to 250 calories, depending on the size and the amount of added sweeteners or syrups.

How much sugar is in an iced lavender oatmilk latte?

The sugar content varies by recipe, but a typical iced lavender oatmilk latte contains around 15 to 25 grams of sugar, mainly from the lavender syrup and oat milk.

Is an iced lavender oatmilk latte a good source of protein?

Iced lavender oatmilk lattes usually provide minimal protein, typically

around 1 to 3 grams per serving, since oat milk is lower in protein compared to dairy milk.

Are there any notable vitamins or minerals in an iced lavender oatmilk latte?

Yes, oat milk in the latte often contains added vitamins and minerals such as vitamin D, calcium, and vitamin B12, making it a nutritious alternative to dairy milk.

How does the fat content in an iced lavender oatmilk latte compare to other milk-based lattes?

Iced lavender oatmilk lattes generally have lower saturated fat content compared to whole milk lattes, with about 2 to 4 grams of fat per serving, mostly unsaturated fats from oat milk.

Additional Resources

1. The Nutritional Secrets of Iced Lavender Oatmilk Lattes

This book delves into the unique blend of ingredients found in iced lavender oatmilk lattes, exploring their health benefits and nutritional profiles. It breaks down the calorie content, vitamins, minerals, and antioxidants present in each component. Readers will gain insight into how this trendy beverage fits into a balanced diet.

2. Oatmilk and Beyond: Dairy-Free Alternatives in Modern Coffee Drinks

Focusing on the rise of oatmilk as a popular dairy substitute, this book examines its nutritional advantages compared to traditional milk. It highlights oatmilk's role in beverages like iced lavender lattes and discusses its impact on heart health, digestion, and sustainability. The book also offers tips for selecting the best oatmilk brands for optimal nutrition.

3. Lavender Infusions: Health Benefits and Culinary Uses

This comprehensive guide explores lavender not only as a fragrant herb but also as a nutritional powerhouse when used in beverages and recipes. The book covers how lavender contributes antioxidants and calming properties to drinks like iced lavender oatmilk lattes. It also includes recipes and advice on safe consumption levels.

4. The Science of Coffee and Plant-Based Milks

A detailed examination of how coffee interacts with plant-based milks such as oatmilk, this book focuses on taste, texture, and nutritional synergies. It discusses how ingredients like lavender can enhance both flavor and health benefits. Nutritional analyses and comparisons help readers understand their beverage choices better.

5. Calorie Counts and Nutritional Facts for Popular Coffee Drinks

This practical guide provides detailed calorie counts and nutrition facts for a wide range of coffee beverages, including specialty drinks like the iced lavender oatmilk latte. It helps readers make informed decisions about their coffee orders by breaking down sugar, fat, protein, and micronutrient content. The book also offers advice on customizing drinks for healthier options.

6. *Plant-Based Lattes: A Nutritional Guide to Vegan Coffee Creations*

Targeted at vegans and plant-based diet followers, this book explores the nutritional value of various non-dairy latte options. It emphasizes oatmilk and herbal flavorings like lavender, explaining their benefits and potential drawbacks. Readers will find recipes, nutrition tips, and suggestions for maximizing flavor and health.

7. *Herbal Additives in Coffee: Enhancing Flavor and Wellness*

This book investigates the use of herbs such as lavender in coffee drinks and their influence on nutrition and wellness. It discusses how herbal additives can provide antioxidants, reduce inflammation, and improve mood. Practical advice on infusing herbs into lattes is included, with a focus on iced lavender oatmilk beverages.

8. *The Ultimate Guide to Oatmilk: Nutrition, Recipes, and Lifestyle*

Dedicated to oatmilk, this book covers its production, nutritional content, and use in various recipes including iced lattes. It highlights oatmilk's fiber content, vitamins, and minerals that contribute to a healthy lifestyle. The guide also provides tips on integrating oatmilk into daily nutrition.

9. *Functional Beverages: Combining Taste and Nutrition in Coffee Drinks*

Exploring the trend of functional beverages, this book covers how ingredients like lavender and oatmilk transform traditional coffee into health-boosting drinks. It details the nutritional benefits, potential health claims, and scientific evidence behind popular combinations. Recipes and customization ideas help readers create their own nutritious iced lavender oatmilk lattes.

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