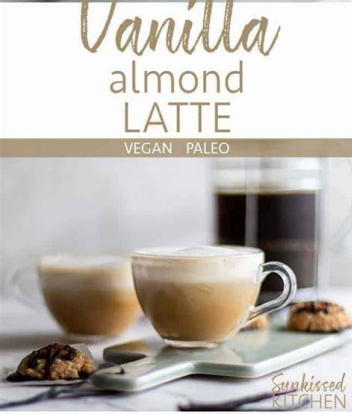


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Starbucks - Banana Chocolate Smoothies										
PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT	FAT	CALORIES	FIBER	SALT
Grande - Nonfat Milk	280	20	53	34	3	2	280	7	0.4	
Grande - 2% Milk	350	20	53	34	5	3	350	7	0.4	
Grande - SoyMilk	290	15	52	31	5	2	290	7	0.4	
Starbucks - Orange Mango Banana Smoothies										
PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT	FAT	CALORIES	FIBER	SALT
Grande - Nonfat Milk	280	16	54	37	1	0	280	6	0.3	
Grande - 2% Milk	320	16	52	37	2	1	320	6	0.3	
Grande - SoyMilk	270	15	53	36	2	0	270	6	0.3	
Starbucks - Strawberry Banana Smoothies										
PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT	FAT	CALORIES	FIBER	SALT
Grande - Nonfat Milk	290	16	58	41	1	0	290	7	0.3	
Grande - 2% Milk	390	16	56	41	2	1	390	7	0.3	
Grande - SoyMilk	290	16	58	40	2	0	290	8	0.3	



Starbucks almond milk latte nutrition. Nutrition information for starbucks skinny vanilla latte with almond milk. Starbucks medium almond milk latte calories. Starbucks nutrition information almond milk latte. Is starbucks almond milk healthy.

There are 100 calories in a Grande Caff  Latte with Almond Milk from Starbucks. Most of those calories come from fat (54%) and carbohydrates (36%). -- Advertisement. Content continues below -- Does Not Contain*UnknownAllergy Information: a Starbucks Caff  Latte with Almond Milk contains tree nuts. a Starbucks Caff  Latte with Almond Milk does not contain egg, fish, gluten, milk, peanuts, shellfish, soy or wheat.** Please keep in mind that most fast food restaurants cannot guarantee that any product is free of allergens as they use shared equipment for prepping foods. Almondmilk [Filtered Water, Almonds, Sugar, Tricalcium Phosphate, Sunflower Lecithin, Sea Salt, Xanthan Gum, Guar Gum, Vitamin A Palmitate, Vitamin D2 (Ergocalciferol)], Brewed Espresso. Please note that some foods may not be suitable for some people and you are urged to seek the advice of a physician before beginning any weight loss effort or diet regimen. Although the information provided on this site is presented in good faith and believed to be correct, FatSecret makes no representations or warranties as to its completeness or accuracy and all information, including nutritional values, is used by you at your own risk. All trademarks, copyright and other forms of intellectual property are property of their respective owners. Home Blog Help Sign In Join Almond milk may be the king of smoothie mix-ins, but it's a surprisingly versatile ingredient—keeping baked goods fluffy, sauces creamy, and giving beverages just a hint of sweetness while injecting your meal with nutrients. One 8-oz cup of almond milk supplies 38% of your daily recommended intake of calcium, and is also high in vitamins A and E, anemia-fighting riboflavin, vitamin D, and zinc. It may not supply as much protein as soy milk or cow's milk, but throw in a few other delicious whole ingredients and you can have a nutritionally well-rounded meal on the table in no time.Here are 5 ways to use almond milk at breakfast, lunch, dinner, and dessert:Toasted Almond Sticky Buns (pictured above)PREP TIME: 35 minutes / TOTAL TIME: 1 2 hours, 13 minutes / SERVINGS: 121½ c sliced almonds 1 pkg active dry yeast 1 tsp sugar ¼ c warm water 1 c unsweetened almond milk, at room temperature 3 Tbsp + ¼ c honey ½ tsp sea salt ¾ c all-purpose flour, sifted, plus extra for kneading 1½ Tbsp unsalted butter, at room temperature ¼ c packed light brown sugar 1 tsp ground cinnamon 1 tsp freshly grated nutmeg1. PREHEAT the oven to 350°F.2. PLACE 1 cup of the almonds on a rimmed baking sheet and place them in the oven until golden brown, 4 to 6 minutes. Transfer the almonds to a large plate and set aside to cool.3. WHISK the yeast, sugar, and water together in a small bowl. Cover the bowl with plastic wrap and set aside for 5 minutes.4. WHISK the almond milk, 3 tablespoons of the honey, and the salt together in a large bowl. Add 1 cup of the flour and whisk until smooth. Pour in the yeast mixture, then stir in the remaining 2¼ cups flour, mixing with a wooden spoon. Once the dough gets too difficult to mix with the spoon, use your hands to gently knead until it comes together to make a ball. Transfer the dough to a floured work surface and continue to knead until dough is completely smooth, about 6 minutes.5. GREASE a large, clean bowl with ½ tablespoon of the butter. Place the dough ball in the bowl, turn over to coat in butter, and cover the bowl with a warm, damp towel. Let the dough rise in a warm, draft-free spot until it has doubled, about 40 minutes. Coat a 10-inch round cake pan with cooking spray and set aside. Turn the dough out onto a floured work surface and roll it into a 12 x 13-inch rectangle about ¼ inch thick.6. MIX the toasted almonds, ¼ cup of the brown sugar, the cinnamon, and nutmeg together in a small bowl. Melt the remaining 1 tablespoon butter. Brush the dough with the melted butter and sprinkle evenly with a thin layer of the almond-spice mixture. Cut the dough lengthwise into twelve 1-inch-wide strips. Roll the strips up, forming a tight roll. Place the buns spiral side up in the cake pan. Cover with a warm, damp towel and set aside until they've increased in size slightly, about 20 minutes. Spread the tops of the buns with the remaining ¼ cup honey, ¼ cup brown sugar, and ½ cup almonds. Bake until golden brown, 20 to 25 minutes. Cool before serving.NUTRITION (per serving) 283 cal, 6 g pro, 49 g carb, 3 g fiber, 7.9 g fat, 1.5 g sat fat, 100 mg sodiumBoth the sticky buns above and the Mac and Cheese below come from Candice Kumai's amazing cookbook Pretty Delicious. Check it out for more creatively healthy, tasty—and beautiful—recipes.)Platinum Skinny Mac and CheesePREP TIME:TOTAL TIME: SERVINGS:Media Platforms Design Team 15 minutes / 40 minutes / 41½ tsp sea salt 3 c lg elbow macaroni 3 c unsweetened almond milk ¼ c ½-less-fat neufchatel cream cheese, at room temperature 2 Tbsp all-purpose flour 2 tsp garlic powder 3 Tbsp finely chopped fresh basil leaves 4 Tbsp grated Parmesan cheese1. BRING a large pot of water to a boil.2. ADD ½ teaspoon of the salt and the macaroni and cook until al dente, following the package instructions. Drain and set aside.3. WHISK the almond milk with the cream cheese, flour, and garlic powder in a large saucepan (it's okay if it's a little lumpy at first, the cream cheese will melt into the sauce as it warms up). Bring to a simmer over medium-high heat, then reduce the heat to low and cook until the sauce is the consistency of a creamy Alfredo sauce, about 20 minutes. Turn off the heat.4. ADJUST an oven rack to the upper-middle position and heat the broiler to high. Stir the macaroni, 2 tablespoons of the basil, 2 tablespoons of the cheese, and the remaining 1 teaspoon salt into the sauce. Divide the mixture among four 8-ounce ramekins (or use an 8-inch square baking dish) and place them on a rimmed baking sheet. Sprinkle the remaining 2 tablespoons cheese over the tops. Broil until the tops are bubbling and browned, 4 to 6 minutes (check the broiler often as heat intensity varies!). Sprinkle with the remaining 1 tablespoon basil and serve.NUTRITION (per serving) 414 cal, 15 g pro, 70 g carb, 4 g fiber, 7.8 g fat, 3 g sat fat, 962 mg sodiumMORE: 6 Surprising Causes Of Inflammation—And What You Can Do About ItZucchini-Linguine BolognesePREP TIME:TOTAL TIME:SERVINGS:Media Platforms Design Team 20 minutes / 1 hour / 4Bolognese Sauce 1 Tbsp extra virgin olive oil 1 c peeled and diced eggplant ½ lg onion, diced 1 lg carrot, diced ½ c sliced cremini mushrooms ¼ sm fennel bulb, diced 4 oz 85% lean ground beef 4 oz ground pork 1 c dry red wine 1 jar (14 oz) pasta sauce ½ c milk or unsweetened almond milk 1 tsp chopped fresh rosemary 1 tsp chopped fresh thymeZucchini Linguine 4 med zucchini, cut into linguine-style "noodles" using slicer or sharp knife (discard seeded section) 2 Tbsp extra virgin olive oil pecorino romano, shaved (optional)1. HEAT oil in large pot over medium heat.2. ADD eggplant, onion, carrot, mushrooms, and fennel. Cook, stirring, until golden brown, 3 minutes. Add meats, stir to break up clumps, and cook until no longer pink, 4 minutes. Add wine, increase heat to high, and cook until reduced by half, 2 to 3 minutes. Add sauce, milk, herbs, and ½ tsp kosher salt.3. BRING to a simmer and reduce heat to low. Cook, partially covered, stirring occasionally, until thick, 30 to 45 minutes.4. BRING 6 quarts of water to a rolling boil in large pot. Add zucchini and cook, stirring, until crisp-tender, about 30 seconds. Drain in colander.5. TRANSFER zucchini to large bowl, drizzle with oil, and season to taste.6. DIVIDE zucchini among 4 bowls, top each with 1 cup of the sauce, and sprinkle with cheese (if using).NUTRITION (per serving) 400 cal, 16 g pro, 24 g carb, 6 g fiber, 13 g sugars, 23 g fat, 6 g sat fat, 480 mg sodiumMORE: THIS Is Why You're Still Hungry After You Eat Braised Cabbage, Parsnip Puree and ChickenPREP TIME:TOTAL TIME: SERVINGS:Media Platforms Design Team 15 minutes / 50 minutes / 4Braised Cabbage 4 c thinly sliced red cabbage ¼ c fresh orange juice 2 Tbsp red wine vinegar 2 Tbsp honey 2 shallots, thinly sliced 1 tsp grated orange zestParsnip Puree 2 c peeled and chopped parsnips ¼ c unsweetened almond milk 1 Tbsp butterChicken 4 sm (about 6 oz each) boneless, skinless chicken breasts, sautéed until cooked through1. COMBINE all cabbage ingredients, ½ tsp kosher salt, and black pepper to taste in large pot.2. MIX well and place over medium heat. When mixture begins to simmer, stir well, reduce heat to low, and cover. Simmer, stirring occasionally, until liquid reduces, just coating cabbage, 30 to 40 minutes.3. COVER parsnips with water in medium pot while cabbage cooks. Bring to a boil over high heat and cook until very tender, 10 to 12 minutes. Drain and place in food processor with almond milk, butter, and kosher salt and black pepper to taste. Puree until smooth.4. DIVIDE cabbage and puree equally among 4 plates and serve with chicken.NUTRITION (per serving) 349 cal, 39 g pro, 31 g carb, 5 g fiber, 8 g fat, 3 g sat fat, 716 mg sodiumMORE: The Unbelievable Reason You're Short On Vitamin DChocolate-Orange "Mousse" with RaspberriesPREP TIME: TOTAL TIME: SERVINGS: Media Platforms Design Team5 minutes /15 minutes + 2 hours cooling time /61 c chocolate

almond milk 5 oz bittersweet chocolate, chopped 2 Tbsp unsweetened cocoa powder 1 tsp grated orange zest + additional for garnish 1 c thawed whipped topping Fresh mint (for garnish) 1½ c fresh raspberries1. COMBINE almond milk, chocolate, and cocoa in small saucepan. Cook over medium heat, stirring occasionally, until chocolate melts.2. TRANSFER to bowl and stir in 1 tsp grated orange zest. Cool completely.3. FOLD whipped topping gently into chocolate mixture until smooth.4. COVER and chill until set, about 2 hours. (Makes about 2½ cups.)5. SPOON into 6 small serving bowls, top with mint and additional orange zest, and serve with raspberries.NUTRITION (per serving) 199 cal, 4 g pro, 23 g carb, 5 g fiber, 13.7 g fat, 8.7 g sat fat, 26 mg sodium

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