

Azteca



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



667 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 ounces pepper flakes to taste
- ☐ 2 tablespoons cocoa powder sweetened
- ☐ 2 servings ice cubes
- ☐ 1 juice of lime
- ☐ 5 small to 5 chilies red such as jalapeños, cut into long, thin strips hot
- ☐ 0.3 cup sea salt fine
- ☐ 0.3 cup sea salt
- ☐ 9 ounces seltzer water

- ☐ 0.7 cup coconut flakes unsweetened
- ☐ 2 ounces vanilla
- ☐ 8 ounces vanilla extract pure
- ☐ 8 ounces water

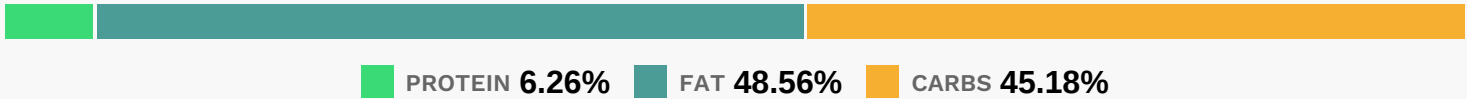
Equipment

- ☐ food processor
- ☐ sauce pan

Directions

- ☐ In a food processor, process the coconut flakes and salt until fully combined, about 1 minute—the mixture will be light and fluffy. DO AHEAD: Coconut sea salt can be prepared in advance and stored, in an airtight container at room temperature, up to 2 weeks.
- ☐ In a small saucepan, bring the chiles and distilled or tap water to a boil over high heat. Reduce the heat to moderate and simmer, uncovered, until reduced by half, about 15 minutes. DO AHEAD: Chile elixir can be prepared in advance and refrigerated up to 2 weeks.
- ☐ In a small saucepan, bring the vanilla and distilled or tap water to a boil over high heat. Reduce the heat to moderately low and simmer, uncovered, until reduced by half—note that this reduces very quickly, in about 5 minutes. DO AHEAD: Vanilla elixir can be prepared in advance and refrigerated up to 2 weeks.
- ☐ Pour the lime juice onto a small plate and spread the coconut sea salt on a second small plate. Dip the rim of a 12-ounce glass into the lime juice, then dip it into the coconut sea salt to lightly coat.
- ☐ In a cocktail shaker, combine the cocoa powder, chile elixir, vanilla elixir, and simple syrup. Shake vigorously until well combined.
- ☐ Add ice to the prepared glasses, then strain the Azteca into each glass.
- ☐ Add enough soda water to fill each glass, then stir to incorporate.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:4.63, Inflammation Score:-9, Nutrition Score:22.816956706669%

Flavonoids

Catechin: 3.24mg, Catechin: 3.24mg, Catechin: 3.24mg, Catechin: 3.24mg Epicatechin: 9.82mg, Epicatechin: 9.82mg, Epicatechin: 9.82mg, Epicatechin: 9.82mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 666.72kcal (33.34%), Fat: 19.68g (30.28%), Saturated Fat: 16.69g (104.31%), Carbohydrates: 41.2g (13.73%), Net Carbohydrates: 32.56g (11.84%), Sugar: 27.82g (30.91%), Cholesterol: 0mg (0%), Sodium: 33081.42mg (1438.32%), Alcohol: 48.76g (100%), Alcohol %: 8.67% (100%), Caffeine: 11.5mg (3.83%), Protein: 5.71g (11.42%), Vitamin C: 207.33mg (251.3%), Manganese: 1.65mg (82.41%), Vitamin B6: 0.85mg (42.31%), Copper: 0.76mg (38.16%), Fiber: 8.64g (34.56%), Vitamin A: 1348.39IU (26.97%), Potassium: 920.09mg (26.29%), Magnesium: 104.88mg (26.22%), Iron: 3.56mg (19.8%), Vitamin K: 20.02µg (19.07%), Vitamin B2: 0.3mg (17.55%), Phosphorus: 166.24mg (16.62%), Vitamin B3: 2.66mg (13.28%), Zinc: 1.67mg (11.16%), Selenium: 6.76µg (9.66%), Folate: 38.05µg (9.51%), Vitamin B1: 0.14mg (9.44%), Calcium: 83.08mg (8.31%), Vitamin E: 1.13mg (7.56%), Vitamin B5: 0.59mg (5.91%)