

Champurrado

 Gluten Free

READY IN



35 min.

SERVINGS



12

CALORIES



76 kcal

SIDE DISH

Ingredients

- 2 tablets mexican chocolate chocolate ibarra® (such as)
- 1 cinnamon sticks
- 4.3 cups milk
- 1.5 cups water

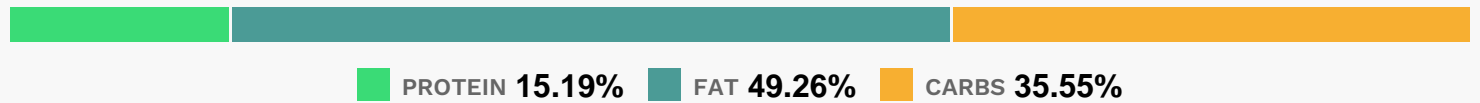
Equipment

- sauce pan
- whisk

Directions

- Bring water, cinnamon stick, clove, and star anise to a boil in a saucepan; remove from heat and allow spices to steep until water is fragrant, about 10 minutes. Strain.
- Heat milk, chocolate, and pinole in another saucepan over medium heat, whisking until chocolate is dissolved and liquid is thickened, about 10 minutes.
- Remove from heat and add piloncillo; let rest until sugar is dissolved, about 5 minutes more.
- Pour cinnamon water into chocolate mixture and stir to combine.

Nutrition Facts



Properties

Glycemic Index:7.13, Glycemic Load:2.63, Inflammation Score:-2, Nutrition Score:3.3834782820195%

Nutrients (% of daily need)

Calories: 76.23kcal (3.81%), Fat: 4.36g (6.72%), Saturated Fat: 2.55g (15.91%), Carbohydrates: 7.09g (2.36%), Net Carbohydrates: 6.68g (2.43%), Sugar: 6.57g (7.29%), Cholesterol: 10.37mg (3.46%), Sodium: 35.09mg (1.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.08mg (1.03%), Protein: 3.03g (6.06%), Calcium: 111.22mg (11.12%), Phosphorus: 94.33mg (9.43%), Vitamin B12: 0.47µg (7.78%), Vitamin B2: 0.13mg (7.68%), Vitamin D: 0.95µg (6.34%), Potassium: 144.42mg (4.13%), Magnesium: 16.11mg (4.03%), Manganese: 0.08mg (3.87%), Vitamin B1: 0.05mg (3.29%), Vitamin B5: 0.33mg (3.27%), Zinc: 0.43mg (2.88%), Vitamin A: 140.86IU (2.82%), Vitamin B6: 0.06mg (2.76%), Selenium: 1.78µg (2.55%), Copper: 0.03mg (1.67%), Fiber: 0.41g (1.65%)