



Cinnamon-Orange Coffee Mix



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



10 kcal

BEVERAGE

DRINK

Ingredients



2 tablespoons brown sugar dark



1.5 teaspoons ground cinnamon



0.5 cup coarsely ground coffee



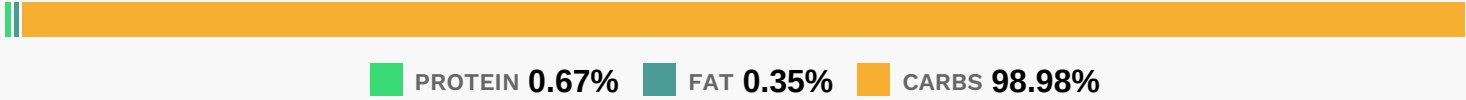
1 teaspoon orange peel dried

Equipment

Directions

- ☐
- Stir together all ingredients. Store in an airtight container up to 1 month. Do not freeze.
- ☐
- *1 tsp. orange zest may be substituted.

Nutrition Facts



Properties

Glycemic Index:0.5, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0.23695652373135%

Nutrients (% of daily need)

Calories: 10.06kcal (0.5%), Fat: 0g (0.01%), Saturated Fat: 0g (0.01%), Carbohydrates: 2.65g (0.88%), Net Carbohydrates: 2.47g (0.9%), Sugar: 2.33g (2.59%), Cholesterol: 0mg (0%), Sodium: 0.71mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.43mg (2.14%), Protein: 0.02g (0.04%), Manganese: 0.05mg (2.7%)