



Deep, Rich Mexican Hot Chocolate

 Gluten Free

READY IN



16 min.

SERVINGS



6

CALORIES



517 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 7 oz bars bittersweet chocolate finely chopped
- ☐ 0.5 cup firmly brown sugar dark packed
- ☐ 0.3 cup dutch process unsweetened
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 3 tablespoons espresso powder instant
- ☐ 9 cups milk
- ☐ 6 servings garnishes: whipped cream* sweetened

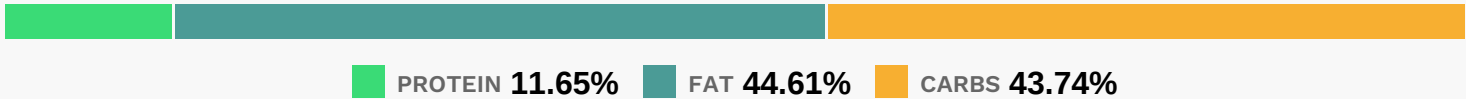
Equipment

- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Combine first 6 ingredients in a Dutch oven. Cook over medium heat 10 minutes or until chocolate melts and sugar dissolves, stirring occasionally.
- ☐ Remove from heat, and whisk vigorously until hot chocolate is frothy.
- ☐ Immediately pour into mugs; stir a splash of coffee liqueur into each serving, if desired. Top with whipped cream, and sprinkle with cinnamon, if desired.
- ☐ Add a vanilla bean to each mug as a stirrer stick, if desired
- ☐ *We tested with canned Reddi-wip topping. For party fun, it's quick and easy, and fun to squirt.

Nutrition Facts



Properties

Glycemic Index:16.33, Glycemic Load:6.91, Inflammation Score:-7, Nutrition Score:20.190434756%

Flavonoids

Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg Epicatechin: 9.39mg, Epicatechin: 9.39mg, Epicatechin: 9.39mg, Epicatechin: 9.39mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 517.14kcal (25.86%), Fat: 26.39g (40.6%), Saturated Fat: 15.32g (95.73%), Carbohydrates: 58.22g (19.41%), Net Carbohydrates: 53.54g (19.47%), Sugar: 48.1g (53.45%), Cholesterol: 50.46mg (16.82%), Sodium: 149.98mg (6.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 117.93mg (39.31%), Protein: 15.5g (31.01%), Calcium: 506.61mg (50.66%), Phosphorus: 504.69mg (50.47%), Manganese: 0.78mg (38.91%), Vitamin B12: 2.05µg (34.22%), Magnesium: 136.76mg (34.19%), Vitamin B2: 0.54mg (31.69%), Copper: 0.61mg (30.59%), Vitamin D: 4.05µg (27%), Potassium: 933.01mg (26.66%), Fiber: 4.68g (18.72%), Zinc: 2.75mg (18.32%), Iron: 3.04mg (16.89%), Selenium: 11.05µg (15.79%), Vitamin B5: 1.52mg (15.23%), Vitamin B1: 0.22mg (14.79%), Vitamin A: 652.03IU (13.04%), Vitamin B6: 0.25mg (12.58%), Vitamin B3: 1.5mg (7.51%), Vitamin K: 3.92µg (3.73%), Vitamin E: 0.43mg (2.89%)