



Easy Mexican Hot Chocolate

 **Gluten Free**  **Popular**

READY IN



10 min.

SERVINGS



2

CALORIES



138 kcal

BEVERAGE

DRINK

Ingredients

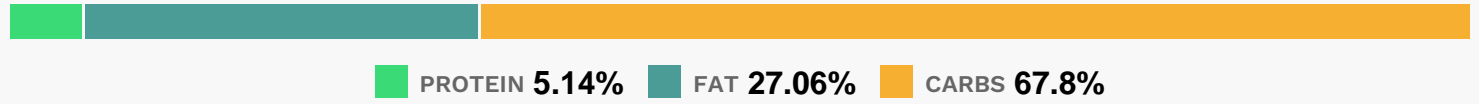
- 1 pinch chili powder
- 1 tablespoon chocolate syrup
- 0.5 teaspoon ground cinnamon
- 3 tablespoons chocolate mix hot instant
- 0.3 cup milk
- 0.8 cup water boiling

Equipment

Directions

- In a large mug, mix the hot chocolate mix, chocolate syrup, cinnamon, and chili powder.
- Pour in the milk.
- Add the boiling water and stir.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:0.55, Inflammation Score:-1, Nutrition Score:2.2486956488827%

Nutrients (% of daily need)

Calories: 137.58kcal (6.88%), Fat: 4.48g (6.89%), Saturated Fat: 2.87g (17.95%), Carbohydrates: 25.24g (8.41%), Net Carbohydrates: 23.79g (8.65%), Sugar: 19.95g (22.16%), Cholesterol: 3.66mg (1.22%), Sodium: 215.35mg (9.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.82%), Calcium: 69.25mg (6.93%), Manganese: 0.13mg (6.38%), Fiber: 1.44g (5.77%), Phosphorus: 44.17mg (4.42%), Iron: 0.67mg (3.7%), Copper: 0.07mg (3.39%), Magnesium: 11.42mg (2.86%), Vitamin B2: 0.05mg (2.81%), Vitamin B12: 0.16µg (2.74%), Vitamin D: 0.34µg (2.24%), Potassium: 71.28mg (2.04%), Zinc: 0.22mg (1.45%), Vitamin A: 68.18IU (1.36%), Vitamin B1: 0.02mg (1.21%), Vitamin B5: 0.12mg (1.17%), Selenium: 0.75µg (1.06%), Vitamin B6: 0.02mg (1.05%)