



Mexican Hot Chocolate

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



275 kcal

BEVERAGE

DRINK

Ingredients

- 3 ounces bittersweet chocolate (tablet or cone)
- 6 cinnamon sticks for serving (preferably Mexican canela)
- 6 servings marshmallows miniature for serving
- 3 cups milk
- 1 pinch salt
- 2 tablespoons sugar

Equipment

- sauce pan

knife

whisk

Directions

- Using a sharp knife, break up the chocolate into smaller pieces. In a saucepan, combine the chopped chocolate, milk, sugar, and salt over medium–low flame.
- Heat and stir until the chocolate is completely melted and milk is very hot, but not boiling, about 10 minutes.
- Remove from the heat and froth the chocolate milk with a mini whisk or molinillo. Divide the hot chocolate among big mugs, top each with a few marshmallows, and serve with the cinnamon sticks as stirrers.

Nutrition Facts



Properties

Glycemic Index:28.93, Glycemic Load:19.74, Inflammation Score:-3, Nutrition Score:8.3643478375414%

Nutrients (% of daily need)

Calories: 274.72kcal (13.74%), Fat: 9.45g (14.54%), Saturated Fat: 5.42g (33.88%), Carbohydrates: 44.32g (14.77%), Net Carbohydrates: 41.3g (15.02%), Sugar: 32.42g (36.02%), Cholesterol: 15.49mg (5.16%), Sodium: 78.63mg (3.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.19mg (4.06%), Protein: 5.55g (11.1%), Manganese: 0.81mg (40.33%), Calcium: 194.86mg (19.49%), Phosphorus: 164.71mg (16.47%), Fiber: 3.02g (12.09%), Vitamin B12: 0.68µg (11.41%), Copper: 0.22mg (10.97%), Magnesium: 42.29mg (10.57%), Vitamin B2: 0.18mg (10.46%), Vitamin D: 1.34µg (8.95%), Potassium: 280.04mg (8%), Iron: 1.26mg (6.99%), Zinc: 0.95mg (6.35%), Selenium: 4.15µg (5.93%), Vitamin B5: 0.51mg (5.12%), Vitamin B1: 0.07mg (4.93%), Vitamin A: 215.05IU (4.3%), Vitamin B6: 0.09mg (4.28%), Vitamin K: 2.48µg (2.36%), Vitamin B3: 0.32mg (1.58%), Vitamin E: 0.23mg (1.51%)