



Fire Side Coffee



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



80

CALORIES



33 kcal

BEVERAGE

DRINK

Ingredients

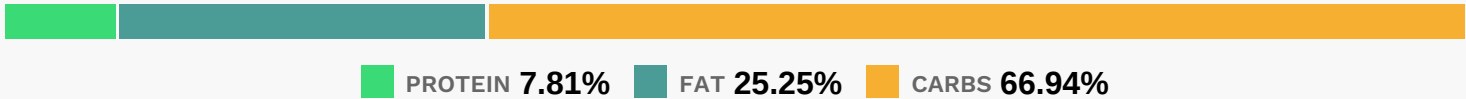
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1.5 cups chocolate mix hot instant
- ☐ 1.5 cups coffee granules instant
- ☐ 2 cups powdered non-dairy creamer

Equipment

Directions

- ☐ Sift together creamer, hot chocolate mix, instant coffee, cinnamon and nutmeg.
- ☐ Pour into a jar and seal with a lid.
- ☐ To prepare: Stir 3 teaspoons of mixture into 1 cup of hot water. Adjust to taste.

Nutrition Facts



Properties

Glycemic Index:0.94, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.1047826413389%

Nutrients (% of daily need)

Calories: 32.95kcal (1.65%), Fat: 0.96g (1.48%), Saturated Fat: 0.35g (2.21%), Carbohydrates: 5.74g (1.91%), Net Carbohydrates: 5.64g (2.05%), Sugar: 2.04g (2.26%), Cholesterol: 0mg (0%), Sodium: 24.79mg (1.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 139.29mg (46.43%), Protein: 0.67g (1.34%), Vitamin B3: 1.25mg (6.26%), Potassium: 168.65mg (4.82%), Manganese: 0.08mg (4.03%), Magnesium: 14.54mg (3.64%), Phosphorus: 17.32mg (1.73%), Iron: 0.24mg (1.34%)