



Fireside Coffee



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



8

CALORIES



474 kcal

BEVERAGE

DRINK

Ingredients

- 1.5 teaspoons 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
- 1.5 cups sugar white

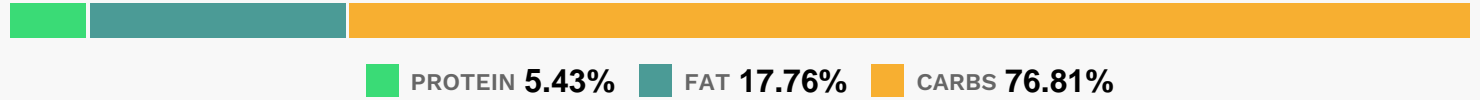
Equipment

- bowl

Directions

- Mix non-dairy creamer, instant coffee, sugar, hot chocolate mix, cinnamon, and nutmeg in a bowl. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:18.14, Glycemic Load:26.21, Inflammation Score:-5, Nutrition Score:11.174348010398%

Nutrients (% of daily need)

Calories: 474.15kcal (23.71%), Fat: 9.75g (15%), Saturated Fat: 3.54g (22.09%), Carbohydrates: 94.88g (31.63%), Net Carbohydrates: 93.75g (34.09%), Sugar: 57.81g (64.23%), Cholesterol: 0mg (0%), Sodium: 248.3mg (10.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 1392.91mg (464.3%), Protein: 6.71g (13.42%), Vitamin B3: 12.52mg (62.58%), Potassium: 1687.76mg (48.22%), Manganese: 0.83mg (41.5%), Magnesium: 145.51mg (36.38%), Phosphorus: 173.32mg (17.33%), Iron: 2.43mg (13.52%), Calcium: 94.81mg (9.48%), Selenium: 6.49µg (9.27%), Fiber: 1.13g (4.5%), Copper: 0.07mg (3.34%), Vitamin E: 0.49mg (3.3%), Vitamin B2: 0.04mg (2.36%), Vitamin K: 2.46µg (2.34%), Zinc: 0.18mg (1.2%)