

Hot Coffee Masala

 Vegetarian  Gluten Free  Low Fod Map

READY IN



10 min.

SERVINGS



2

CALORIES



43 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cinnamon sticks
- 2 cumin seeds to taste
- 1.5 teaspoons coffee granules instant
- 2 teaspoons nonfat milk powder dry
- 1 star anise pod whole
- 2 cups water
- 2 teaspoons sugar white

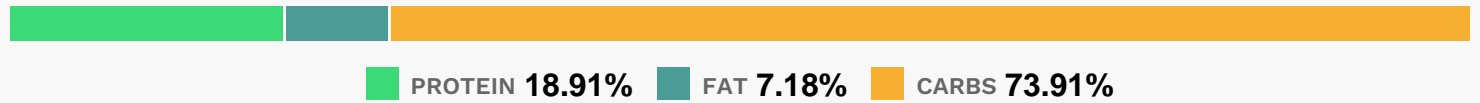
Equipment

sauce pan

Directions

- In a saucepan, bring the water to a boil, and stir in the cumin seeds, star anise pod, and cinnamon stick; reduce heat to a simmer, and cook for 3 minutes, stirring occasionally. Stir in the instant coffee, and allow the drink to simmer gently for 2 more minutes.
- Pour the drink into mugs, straining out the spices, and stir 1 teaspoon of nonfat dry milk powder and 1 teaspoon of white sugar into each mug.

Nutrition Facts



Properties

Glycemic Index:42.55, Glycemic Load:2.83, Inflammation Score:-2, Nutrition Score:3.1173912792102%

Nutrients (% of daily need)

Calories: 43.49kcal (2.17%), Fat: 0.37g (0.57%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 8.51g (2.84%), Net Carbohydrates: 7.87g (2.86%), Sugar: 6.6g (7.33%), Cholesterol: 0.99mg (0.33%), Sodium: 40.36mg (1.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 23.55mg (7.85%), Protein: 2.18g (4.35%), Manganese: 0.21mg (10.58%), Calcium: 91.61mg (9.16%), Phosphorus: 57.73mg (5.77%), Iron: 0.97mg (5.4%), Vitamin B2: 0.08mg (4.87%), Potassium: 143.71mg (4.11%), Magnesium: 15.28mg (3.82%), Vitamin D: 0.54µg (3.61%), Vitamin B12: 0.2µg (3.31%), Copper: 0.06mg (2.87%), Fiber: 0.64g (2.57%), Vitamin A: 124.24IU (2.48%), Selenium: 1.57µg (2.24%), Zinc: 0.32mg (2.12%), Vitamin B1: 0.03mg (1.91%), Vitamin B5: 0.18mg (1.84%), Vitamin B3: 0.33mg (1.66%), Vitamin B6: 0.03mg (1.35%)