



Hot Mocha



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



13

CALORIES



62 kcal

BEVERAGE

DRINK

Ingredients



6 cups hot-brewed coffee brewed



6 tablespoons kahlua (coffee-flavored liqueur)



0.5 cup sugar



0.5 cup cocoa unsweetened

Equipment

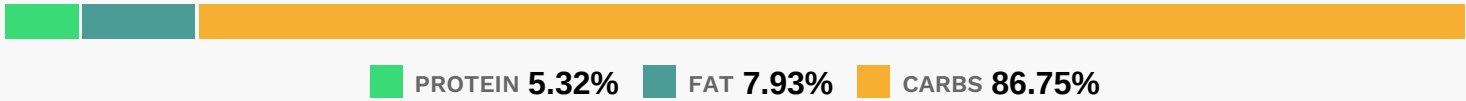


sauce pan

Directions

- ☐ Combine all ingredients except Kahla in a medium saucepan, and stir well. Cook coffee mixture over medium heat until hot. (Do not boil.)
- ☐ Remove coffee mixture from heat, and stir in Kahla.

Nutrition Facts



Properties

Glycemic Index:5.39, Glycemic Load:5.37, Inflammation Score:-1, Nutrition Score:2.0660869440307%

Flavonoids

Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 6.54mg, Epicatechin: 6.54mg, Epicatechin: 6.54mg, Epicatechin: 6.54mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 62kcal (3.1%), Fat: 0.52g (0.8%), Saturated Fat: 0.28g (1.73%), Carbohydrates: 12.82g (4.27%), Net Carbohydrates: 11.59g (4.22%), Sugar: 10.97g (12.19%), Cholesterol: 0mg (0%), Sodium: 3.51mg (0.15%), Alcohol: 1.5g (100%), Alcohol %: 1.5% (100%), Caffeine: 51.36mg (17.12%), Protein: 0.79g (1.57%), Manganese: 0.15mg (7.62%), Copper: 0.13mg (6.4%), Vitamin B2: 0.09mg (5.45%), Magnesium: 19.79mg (4.95%), Fiber: 1.22g (4.9%), Potassium: 104.03mg (2.97%), Vitamin B5: 0.29mg (2.86%), Phosphorus: 27.56mg (2.76%), Iron: 0.47mg (2.64%), Zinc: 0.25mg (1.65%), Vitamin B3: 0.28mg (1.41%), Vitamin B1: 0.02mg (1.19%)