



Hot Spiced Mexican Hot Chocolate with Ice Cream Dusted with Chili Powder

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



469 kcal

BEVERAGE

DRINK

Ingredients

- 2.5 ounces bittersweet chocolate grated
- 4 servings chili powder
- 1 teaspoon ground cinnamon
- 1 tablespoon espresso grounds instant
- 1 pinch salt
- 0.8 cup sugar
- 1 vanilla pod

- 4 servings whipped cream
- 0.8 cup water
- 2 cups milk whole

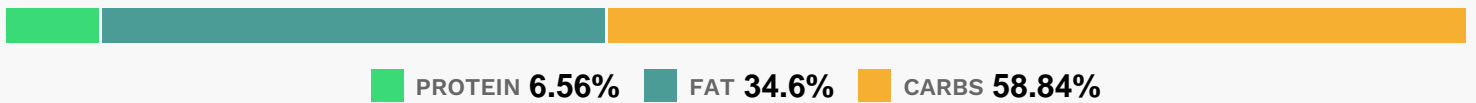
Equipment

- sauce pan
- whisk
- blender

Directions

- Bring water to a boil in a saucepan. Split the vanilla bean and add to the boiling water.
- Add sugar, cinnamon, espresso, and a pinch of salt. Simmer for 1 minute and add the bittersweet chocolate.
- Whisk until it gets thick.
- Add milk and simmer 1 minute.
- Serve immediately with a dollop of vanilla ice cream and a sprinkling of chili powder on top.
- You may make this ahead and reheat. Make sure to either whisk it or blend it in a blender to make it light and foamy before serving. (The classic Mexican chocolate was whisked with a special wooden tool called a 'molinillo'.)

Nutrition Facts



Properties

Glycemic Index:43.52, Glycemic Load:37.57, Inflammation Score:-7, Nutrition Score:11.446956520495%

Nutrients (% of daily need)

Calories: 468.79kcal (23.44%), Fat: 18.37g (28.26%), Saturated Fat: 10.71g (66.92%), Carbohydrates: 70.28g (23.43%), Net Carbohydrates: 67.44g (24.52%), Sugar: 63.98g (71.08%), Cholesterol: 44.74mg (14.91%), Sodium: 146.55mg (6.37%), Alcohol: 0.09g (100%), Alcohol %: 0.04% (100%), Caffeine: 54.49mg (18.16%), Protein: 7.84g (15.68%), Calcium: 260.64mg (26.06%), Phosphorus: 248.71mg (24.87%), Vitamin A: 1078.83IU (21.58%), Vitamin B2: 0.36mg (21.34%), Manganese: 0.39mg (19.49%), Vitamin B12: 0.95µg (15.8%), Magnesium: 62.91mg (15.73%),

Potassium: 501.33mg (14.32%), Copper: 0.27mg (13.54%), Fiber: 2.84g (11.36%), Zinc: 1.53mg (10.22%), Vitamin D: 1.47µg (9.83%), Vitamin B5: 0.91mg (9.13%), Iron: 1.64mg (9.12%), Selenium: 5.8µg (8.29%), Vitamin B6: 0.16mg (7.76%), Vitamin E: 1.14mg (7.59%), Vitamin B1: 0.11mg (7.09%), Vitamin B3: 0.95mg (4.73%), Vitamin K: 4.13µg (3.94%)