Iced Mexican Chocolate

Vegetarian Gluten Free

READY IN	SERVINGS	CALORIES
45 min.	4	219 kcal

SIDE DISH

Ingredients

- [ ] 0.5 teaspoon ground cinnamon
- [ ] 2 tablespoons honey
- [ ] 1 cup nonfat milk
- [ ] 1 pint vanilla nonfat yogurt frozen
- [ ] 0.5 teaspoon orange peel grated
- [ ] 1.5 ounces chocolate unsweetened coarsely chopped ()

Equipment

- [ ] blender

Directions

- [ ] In a blender, whirl 1 cup nonfat milk, 1 1/2 ounces unsweetened chocolate (coarsely chopped), 2 tablespoons honey, 1/2 teaspoon grated orange peel, and 1/2 teaspoon ground cinnamon until chocolate is finely ground.
- [ ] Add 1 pint vanilla nonfat frozen yogurt and 2 cups ice cubes; whirl until smoothly pured (chocolate forms streaks).
- [ ] Pour into glasses.

Nutrition Facts

PROTEIN **14.67%** FAT **22.14%** CARBS **63.19%**

Properties

Glycemic Index:22.63, Glycemic Load:5.51, Inflammation Score:-4, Nutrition Score:10.25130430771%

Flavonoids

Catechin: 6.84mg, Catechin: 6.84mg, Catechin: 6.84mg, Catechin: 6.84mg Epicatechin: 15.08mg, Epicatechin: 15.08mg, Epicatechin: 15.08mg, Epicatechin: 15.08mg

Nutrients (% of daily need)

Calories: 219.25kcal (10.96%), Fat: 5.85g (9%), Saturated Fat: 3.61g (22.57%), Carbohydrates: 37.56g (12.52%), Net Carbohydrates: 35.61g (12.95%), Sugar: 34.29g (38.1%), Cholesterol: 4.2mg (1.4%), Sodium: 96.73mg (4.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.5mg (2.83%), Protein: 8.72g (17.44%), Calcium: 274.93mg (27.49%), Manganese: 0.54mg (26.92%), Phosphorus: 249.46mg (24.95%), Copper: 0.36mg (18.14%), Vitamin B2: 0.31mg (18.12%), Vitamin B12: 0.91µg (15.19%), Magnesium: 60.27mg (15.07%), Zinc: 2.2mg (14.69%), Selenium: 9.28µg (13.25%), Potassium: 427.08mg (12.2%), Iron: 2mg (11.11%), Fiber: 1.95g (7.78%), Vitamin B1: 0.1mg (6.51%), Vitamin D: 0.67µg (4.49%), Vitamin B6: 0.09mg (4.45%), Folate: 15.15µg (3.79%), Vitamin A: 140.93IU (2.82%), Vitamin B5: 0.25mg (2.46%), Vitamin K: 2.41µg (2.3%), Vitamin B3: 0.35mg (1.76%), Vitamin C: 1.23mg (1.49%)