



Iced Mexican Coffee

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



162 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup milk
- ☐ 0.3 cup chocolate syrup
- ☐ 0.3 cup tequila
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons coffee instant
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 3 cups ice crushed
- ☐ 1 serving whipped cream

☐ 1 sticks cinnamon

Equipment

☐ blender

Directions

- ☐ In blender, place all ingredients except ice, whipped cream and cinnamon sticks. Cover; blend on high speed until mixed.
- ☐ Add ice; cover and blend until slushy. Top individual servings with dollop of whipped cream and cinnamon stick.

Nutrition Facts



Properties

Glycemic Index:47.02, Glycemic Load:5.39, Inflammation Score:-2, Nutrition Score:4.3617391430813%

Nutrients (% of daily need)

Calories: 162.12kcal (8.11%), Fat: 2.54g (3.91%), Saturated Fat: 1.45g (9.05%), Carbohydrates: 24.01g (8%), Net Carbohydrates: 22.93g (8.34%), Sugar: 18.38g (20.42%), Cholesterol: 8.46mg (2.82%), Sodium: 46.92mg (2.04%), Alcohol: 5.01g (100%), Alcohol %: 2.24% (100%), Caffeine: 79.63mg (26.54%), Protein: 2.79g (5.58%), Manganese: 0.32mg (15.82%), Calcium: 99.35mg (9.94%), Phosphorus: 96.03mg (9.6%), Magnesium: 30.3mg (7.57%), Copper: 0.14mg (6.8%), Potassium: 229.47mg (6.56%), Vitamin B2: 0.1mg (5.8%), Vitamin B12: 0.33µg (5.56%), Vitamin D: 0.68µg (4.51%), Fiber: 1.08g (4.34%), Vitamin B3: 0.85mg (4.24%), Iron: 0.61mg (3.38%), Zinc: 0.45mg (2.97%), Selenium: 1.83µg (2.61%), Vitamin B1: 0.04mg (2.52%), Vitamin B5: 0.24mg (2.41%), Vitamin A: 112.41IU (2.25%), Vitamin B6: 0.04mg (2.08%)