



La Macana (Colombian Hot drink)

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



227 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 cup round buttery crackers sweet crushed (I used Graham crackers)
- ☐ 2 egg yolks beaten
- ☐ 6 servings ground cinnamon for serving
- ☐ 5 cups milk whole

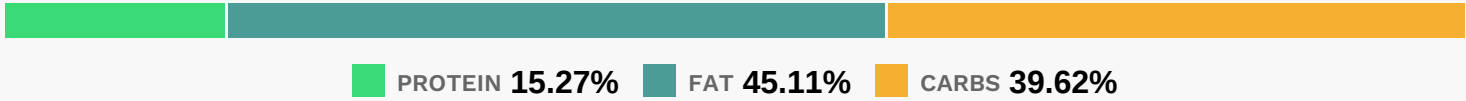
Equipment

- ☐ pot
- ☐ blender

Directions

- ☐ Place 3 cups of the milk with the butter and sugar in a pot and bring to a boil, cook over low heat for about 5 minutes, stirring occasionally.
- ☐ Place the rest of the milk, butter, egg yolks, and crackers in a blender and blend until well combined.
- ☐ Add the egg yolk mixture slowly to the milk and stir well. Continue over low heat and simmer, until slightly thickened, about 5 minutes.
- ☐ Remove from the heat and serve warm.
- ☐ Sprinkle with ground cinnamon.

Nutrition Facts



Properties

Glycemic Index:27.83, Glycemic Load:11.72, Inflammation Score:-4, Nutrition Score:10.045217424631%

Nutrients (% of daily need)

Calories: 226.59kcal (11.33%), Fat: 11.51g (17.71%), Saturated Fat: 5.8g (36.22%), Carbohydrates: 22.75g (7.58%), Net Carbohydrates: 21.18g (7.7%), Sugar: 13.31g (14.79%), Cholesterol: 94.22mg (31.41%), Sodium: 194.2mg (8.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.77g (17.54%), Calcium: 290.29mg (29.03%), Phosphorus: 260.91mg (26.09%), Vitamin B2: 0.35mg (20.58%), Vitamin B12: 1.22µg (20.32%), Manganese: 0.36mg (18.04%), Vitamin D: 2.56µg (17.07%), Vitamin B1: 0.16mg (10.61%), Selenium: 7.31µg (10.44%), Potassium: 347.27mg (9.92%), Vitamin A: 480.13IU (9.6%), Vitamin B5: 0.95mg (9.48%), Magnesium: 34.8mg (8.7%), Zinc: 1.3mg (8.68%), Vitamin B6: 0.16mg (8.16%), Fiber: 1.57g (6.29%), Iron: 0.95mg (5.28%), Vitamin B3: 0.81mg (4.05%), Folate: 15.85µg (3.96%), Vitamin E: 0.36mg (2.38%), Vitamin K: 1.44µg (1.37%)