



Mexican Atole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



5

CALORIES



54 kcal

BEVERAGE

DRINK

Ingredients

- 1 tablespoon ground cinnamon
- 0.5 cup masa (corn flour)
- 1 tablespoon vanilla extract
- 5 cups water

Equipment

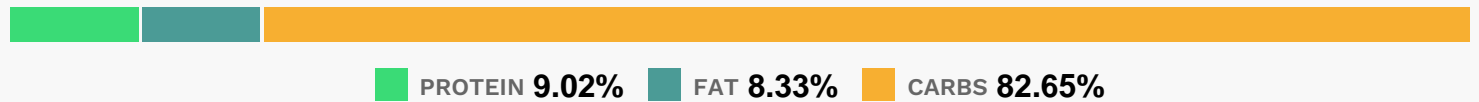
- frying pan
- sauce pan
- whisk

blender

Directions

- Place the masa, water, cinnamon and piloncillo in a blender. Blend until smooth, about 3 minutes.
- Pour the contents of the blender into a sauce pan and bring the mixture to boil over medium heat, stirring constantly. When the mixture reaches a boil, turn the heat to low and continue to whisk for 5 minutes.
- Remove the pan from the heat and stir in the vanilla.
- Pour into mugs and serve hot.

Nutrition Facts



Properties

Glycemic Index:1, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.282608717356%

Nutrients (% of daily need)

Calories: 53.78kcal (2.69%), Fat: 0.47g (0.72%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 10.47g (3.49%), Net Carbohydrates: 8.88g (3.23%), Sugar: 0.55g (0.61%), Cholesterol: 0mg (0%), Sodium: 12.8mg (0.56%), Alcohol: 0.89g (100%), Alcohol %: 0.45% (100%), Protein: 1.14g (2.28%), Manganese: 0.34mg (16.86%), Fiber: 1.59g (6.37%), Calcium: 39.19mg (3.92%), Magnesium: 14.43mg (3.61%), Copper: 0.07mg (3.3%), Vitamin B6: 0.06mg (2.92%), Phosphorus: 26mg (2.6%), Selenium: 1.67µg (2.39%), Vitamin B1: 0.03mg (1.77%), Zinc: 0.26mg (1.76%), Iron: 0.31mg (1.7%), Potassium: 41.25mg (1.18%), Vitamin B3: 0.22mg (1.11%)