



Mexican Cocoa

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



201 kcal

SIDE DISH

Ingredients

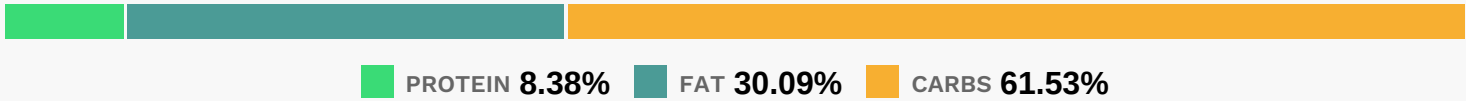
- ☐ 1 cup firmly brown sugar packed
- ☐ 0.8 cup mexican chocolate chopped (such as Ibarra)
- ☐ 12 servings cinnamon sticks
- ☐ 1 tablespoon ground cinnamon
- ☐ 1 cup powdered milk
- ☐ 0.5 teaspoon salt
- ☐ 1 cup cocoa powder unsweetened

Equipment

Directions

- ☐ Layer cocoa powder, powdered milk, brown sugar, salt, ground cinnamon, and Mexican chocolate.
- ☐ Add a few cinnamon sticks to top of jar.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:4.44, Inflammation Score:-4, Nutrition Score:8.476521735606%

Flavonoids

Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 200.95kcal (10.05%), Fat: 7.6g (11.7%), Saturated Fat: 4.57g (28.53%), Carbohydrates: 34.99g (11.66%), Net Carbohydrates: 30.32g (11.02%), Sugar: 27.69g (30.77%), Cholesterol: 10.35mg (3.45%), Sodium: 145.12mg (6.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 23.7mg (7.9%), Protein: 4.76g (9.53%), Manganese: 0.81mg (40.55%), Fiber: 4.67g (18.68%), Copper: 0.36mg (18.03%), Phosphorus: 153.89mg (15.39%), Calcium: 151.07mg (15.11%), Magnesium: 60.44mg (15.11%), Vitamin B2: 0.17mg (10.15%), Iron: 1.7mg (9.45%), Potassium: 318.42mg (9.1%), Vitamin D: 1.12µg (7.47%), Zinc: 1.06mg (7.09%), Vitamin B12: 0.35µg (5.78%), Selenium: 3.37µg (4.82%), Vitamin B5: 0.3mg (3.02%), Vitamin B6: 0.06mg (2.86%), Vitamin B1: 0.04mg (2.57%), Vitamin A: 107.49IU (2.15%), Vitamin K: 1.93µg (1.84%), Vitamin B3: 0.35mg (1.77%), Folate: 6.91µg (1.73%), Vitamin C: 1.02mg (1.23%), Vitamin E: 0.16mg (1.06%)