



Mexican Coffee

 Dairy Free

READY IN



25 min.

SERVINGS



10

CALORIES



116 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 12 cups water
- ☐ 0.5 cup brown sugar packed
- ☐ 4 tablespoons ground cinnamon
- ☐ 4 cloves whole
- ☐ 1 cup regular hamburger dry ()
- ☐ 0.5 cup chocolate syrup
- ☐ 1 teaspoon vanilla
- ☐ 1 serving whipped cream

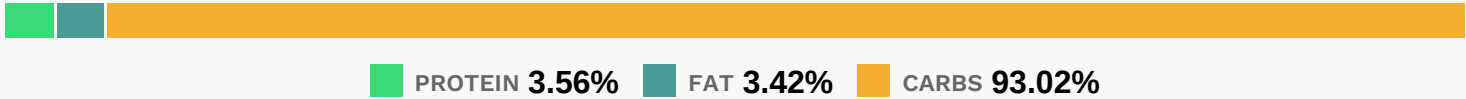
Equipment

☐ dutch oven

Directions

- ☐ Heat water, brown sugar, cinnamon and cloves to boiling in Dutch oven, stirring to dissolve sugar. Stir in coffee; reduce heat to medium-low. Cover and simmer 5 minutes.
- ☐ Stir in chocolate syrup and vanilla; remove from heat.
- ☐ Let stand 5 minutes for coffee grounds to settle. Strain coffee into coffee server or individual cups; discard grounds mixture.
- ☐ Serve with whipped cream.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:6.237826111524%

Nutrients (% of daily need)

Calories: 115.86kcal (5.79%), Fat: 0.46g (0.71%), Saturated Fat: 0.2g (1.25%), Carbohydrates: 28.41g (9.47%), Net Carbohydrates: 25.54g (9.29%), Sugar: 18.93g (21.03%), Cholesterol: 0.46mg (0.15%), Sodium: 64.04mg (2.78%), Alcohol: 0.14g (100%), Alcohol %: 0.05% (100%), Protein: 1.09g (2.18%), Manganese: 0.92mg (45.77%), Iron: 2.57mg (14.27%), Folate: 53.4µg (13.35%), Fiber: 2.87g (11.49%), Copper: 0.16mg (8.17%), Calcium: 66.17mg (6.62%), Zinc: 0.9mg (5.99%), Magnesium: 21.09mg (5.27%), Phosphorus: 42.26mg (4.23%), Vitamin B2: 0.07mg (3.86%), Vitamin B6: 0.08mg (3.84%), Vitamin B3: 0.76mg (3.82%), Vitamin B1: 0.05mg (3.47%), Vitamin B12: 0.2µg (3.34%), Potassium: 87.19mg (2.49%), Vitamin A: 79.65IU (1.59%), Vitamin K: 1.31µg (1.25%), Vitamin C: 0.95mg (1.15%), Selenium: 0.77µg (1.09%)