



Mexican Coffee



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



10

CALORIES



93 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup chocolate syrup
- ☐ 1 cup hot-brewed coffee dry ()
- ☐ 4 tablespoons ground cinnamon
- ☐ 1 teaspoon vanilla
- ☐ 12 cups water

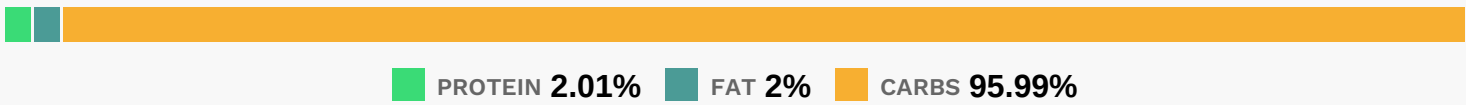
Equipment

- ☐ 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:0.5, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:3.1517390829066%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.01mg, Myricetin:
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:
0.01mg

Nutrients (% of daily need)

Calories: 92.94kcal (4.65%), Fat: 0.21g (0.33%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 23.19g (7.73%), Net
Carbohydrates: 21.1g (7.67%), Sugar: 18.24g (20.26%), Cholesterol: 0mg (0%), Sodium: 28.91mg (1.26%), Alcohol:
0.14g (100%), Alcohol %: 0.05% (100%), Caffeine: 10.38mg (3.46%), Protein: 0.48g (0.97%), Manganese: 0.63mg
(31.48%), Fiber: 2.09g (8.36%), Copper: 0.14mg (6.95%), Calcium: 52.33mg (5.23%), Magnesium: 16.26mg (4.06%),
Iron: 0.66mg (3.69%), Phosphorus: 22.57mg (2.26%), Potassium: 74.23mg (2.12%), Vitamin B2: 0.03mg (1.6%), Zinc:
0.2mg (1.37%), Vitamin K: 1.1µg (1.04%)