



Mexican Coffee

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



132 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 cup firmly brown sugar dark packed
- 0.3 cup chocolate syrup
- 1 tablespoon ground cinnamon
- 6 servings garnish: ground cinnamon
- 0.5 cup ground roast coffee dark
- 0.3 teaspoon ground nutmeg
- 1 cup milk
- 6 servings whipped cream sweetened

1 teaspoon vanilla extract

5 cups water

Equipment

sauce pan

Directions

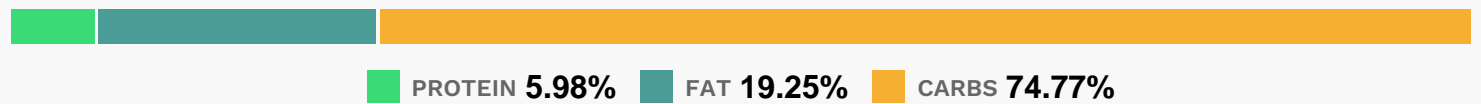
Place coffee in coffee filter or filter basket; add cinnamon and nutmeg.

Add water to coffeemaker; brew according to manufacturer's instructions.

Combine brown sugar, chocolate syrup, and milk in a large heavy saucepan. Cook over low heat, stirring constantly, until sugar dissolves. Stir in coffee and vanilla.

Serve immediately with a dollop of whipped cream; garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:28.83, Glycemic Load:1.2, Inflammation Score:-2, Nutrition Score:4.6256521389536%

Nutrients (% of daily need)

Calories: 131.74kcal (6.59%), Fat: 2.89g (4.45%), Saturated Fat: 1.71g (10.66%), Carbohydrates: 25.3g (8.43%), Net Carbohydrates: 23.08g (8.39%), Sugar: 19.78g (21.98%), Cholesterol: 9.44mg (3.15%), Sodium: 40.76mg (1.77%), Alcohol: 0.23g (100%), Alcohol %: 0.1% (100%), Caffeine: 11.73mg (3.91%), Protein: 2.03g (4.05%), Manganese: 0.66mg (32.87%), Calcium: 105.56mg (10.56%), Fiber: 2.22g (8.88%), Phosphorus: 70.63mg (7.06%), Copper: 0.13mg (6.74%), Magnesium: 21.4mg (5.35%), Vitamin B2: 0.07mg (4.14%), Vitamin B12: 0.24µg (3.95%), Iron: 0.7mg (3.89%), Potassium: 134.99mg (3.86%), Vitamin D: 0.47µg (3.14%), Zinc: 0.4mg (2.64%), Vitamin A: 116.9IU (2.34%), Vitamin B5: 0.2mg (1.96%), Vitamin B6: 0.04mg (1.88%), Selenium: 1.3µg (1.86%), Vitamin B1: 0.03mg (1.84%), Vitamin K: 1.36µg (1.29%)