



Mexican Hot Chocolate

 Gluten Free

READY IN



140 min.

SERVINGS



8

CALORIES



848 kcal

BEVERAGE

DRINK

Ingredients

- 1 pinch cayenne pepper
- 8 servings cocoa powder for serving
- 72 ounce evaporated milk canned
- 4 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- 24 ounce semi chocolate chips (recommended: Hershey's)
- 1 tablespoon vanilla extract

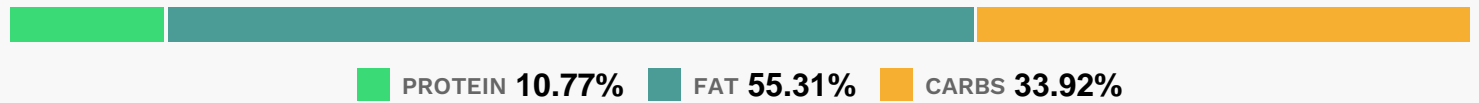
Equipment

- whisk
- pot
- stove
- slow cooker

Directions

- For stovetop: In a large pot over medium heat, whisk together milk, cinnamon, vanilla extract, and nutmeg.
- Add chocolate chips. Stir until chocolate is melted. Cover and turn heat to low for 5 minutes.
- For slow cooker: In a 4-quart slow cooker, whisk together milk, cinnamon, vanilla extract, and nutmeg.
- Add chocolate chips. Cover and cook on LOW setting for 2 to 3 hours, stirring every 15 to 20 minutes.
- Serve with a dusting of cocoa powder.

Nutrition Facts



Properties

Glycemic Index:13.38, Glycemic Load:0.06, Inflammation Score:-8, Nutrition Score:26.932608407477%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 847.66kcal (42.38%), Fat: 52.11g (80.18%), Saturated Fat: 30.6g (191.25%), Carbohydrates: 71.92g (23.97%), Net Carbohydrates: 64.16g (23.33%), Sugar: 57.16g (63.51%), Cholesterol: 79.1mg (26.37%), Sodium: 279.46mg (12.15%), Alcohol: 0.56g (100%), Alcohol %: 0.21% (100%), Caffeine: 75.44mg (25.15%), Protein: 22.83g (45.67%), Phosphorus: 747.72mg (74.77%), Calcium: 730.62mg (73.06%), Manganese: 1.37mg (68.32%), Copper: 1.15mg (57.37%), Magnesium: 217.18mg (54.3%), Vitamin B2: 0.85mg (50.15%), Potassium: 1278.36mg (36.52%), Iron: 6.09mg (33.85%), Fiber: 7.76g (31.04%), Zinc: 4.31mg (28.75%), Vitamin B5: 1.89mg (18.9%), Selenium: 13.19µg (18.85%), Vitamin A: 660.73IU (13.21%), Vitamin B1: 0.15mg (9.95%), Vitamin B12: 0.56µg (9.36%), Vitamin B6: 0.16mg (8.02%), Vitamin K: 8µg (7.62%), Vitamin B3: 1.25mg (6.27%), Vitamin E: 0.94mg (6.25%), Vitamin C: 4.9mg

(5.94%), Folate: 20.99 μ g (5.25%), Vitamin D: 0.26 μ g (1.7%)