



Mexican Hot Chocolate

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



380 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 ounces bittersweet chocolate chopped
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 4 servings cinnamon sticks for stirring
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 tablespoon brown sugar light
- ☐ 4 cups milk low-fat
- ☐ 4 ounces bittersweet chocolate chopped
- ☐ 1 teaspoon vanilla extract pure

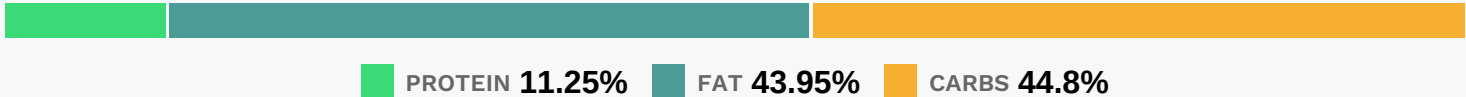
Equipment

- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Heat the milk in a medium saucepan over medium heat. Once the milk is hot and steaming, stir in the chopped chocolate and sugar and stir until melted.
- ☐ Remove from the heat. Stir in the cinnamon, vanilla and cayenne, making sure the hot chocolate is smooth.
- ☐ Ladle into mugs and use a cinnamon stick to stir.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.04, Inflammation Score:-6, Nutrition Score:16.041304377758%

Nutrients (% of daily need)

Calories: 379.75kcal (18.99%), Fat: 18.58g (28.58%), Saturated Fat: 10.72g (67%), Carbohydrates: 42.6g (14.2%), Net Carbohydrates: 37.86g (13.77%), Sugar: 33.32g (37.03%), Cholesterol: 14.35mg (4.78%), Sodium: 98.33mg (4.28%), Alcohol: 0.34g (100%), Alcohol %: 0.15% (100%), Caffeine: 36.57mg (12.19%), Protein: 10.69g (21.39%), Manganese: 1.01mg (50.73%), Phosphorus: 355.73mg (35.57%), Calcium: 353.96mg (35.4%), Copper: 0.55mg (27.27%), Magnesium: 105.42mg (26.35%), Vitamin B12: 1.52µg (25.27%), Vitamin B2: 0.35mg (20.81%), Fiber: 4.75g (18.99%), Potassium: 637.85mg (18.22%), Vitamin D: 2.6µg (17.31%), Iron: 2.94mg (16.36%), Zinc: 2.19mg (14.61%), Selenium: 8.68µg (12.4%), Vitamin A: 517.2IU (10.34%), Vitamin B5: 1mg (9.97%), Vitamin B1: 0.15mg (9.93%), Vitamin B6: 0.16mg (8.21%), Vitamin K: 4.13µg (3.93%), Vitamin B3: 0.67mg (3.36%), Vitamin E: 0.37mg (2.5%), Folate: 5µg (1.25%)