



Mexican Hot Chocolate

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



386 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 small chiles de árbol dried
- ☐ 12 oz tablets mexican chocolate such as ibarra coarsely chopped
- ☐ 12 large regular cinnamon sticks
- ☐ 1 pt half-and-half
- ☐ 1 of orange zest with a vegetable peeler
- ☐ 1.5 qts regular low-fat
- ☐ 2 vanilla beans split

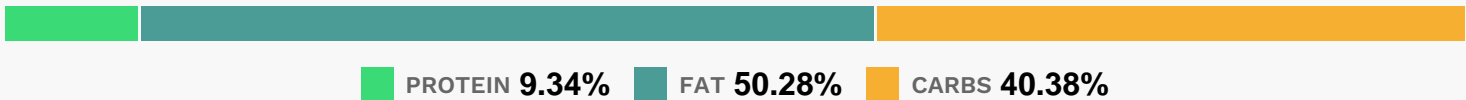
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ pot
- ☐ blender

Directions

- ☐ Combine milk, half-and-half, cinnamon, chiles, zest, and chocolate in a medium pot. Scrape vanilla seeds from pods with side of a knife and add seeds and pods to pan. Bring to a gentle boil over medium-high heat, stirring often; cook 1 to 2 minutes.
- ☐ Remove from heat, cover, and steep about 15 minutes. Strain hot chocolate into a bowl, then return to pot.
- ☐ Heat to steaming over medium heat, stirring. Whirl in a blender in 3 batches until frothy and pour into a pitcher or mugs.
- ☐ Garnish with shaved chocolate if you like.
- ☐ Make ahead: Through step 1 up to 3 days, chilled.

Nutrition Facts



Properties

Glycemic Index:5.95, Glycemic Load:10.02, Inflammation Score:-6, Nutrition Score:14.488260979238%

Nutrients (% of daily need)

Calories: 385.81kcal (19.29%), Fat: 23.29g (35.83%), Saturated Fat: 13.72g (85.77%), Carbohydrates: 42.1g (14.03%), Net Carbohydrates: 36.92g (13.43%), Sugar: 33.3g (37%), Cholesterol: 29.57mg (9.86%), Sodium: 112.73mg (4.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 28.07mg (9.36%), Protein: 9.73g (19.46%), Manganese: 1.13mg (56.7%), Calcium: 349.93mg (34.99%), Phosphorus: 305.05mg (30.5%), Vitamin B2: 0.47mg (27.59%), Fiber: 5.18g (20.7%), Vitamin B12: 1.19µg (19.91%), Magnesium: 78.55mg (19.64%), Potassium: 508.76mg (14.54%), Copper: 0.27mg (13.47%), Vitamin D: 1.95µg (13.01%), Vitamin A: 606.29IU (12.13%), Zinc: 1.73mg (11.53%), Selenium: 6.98µg (9.97%), Iron: 1.65mg (9.16%), Vitamin B5: 0.86mg (8.62%), Vitamin B1: 0.13mg (8.59%), Vitamin B6: 0.16mg (8.19%), Vitamin K: 5.4µg (5.14%), Vitamin B3: 0.63mg (3.16%), Vitamin E: 0.42mg (2.8%), Folate: 7.02µg (1.75%), Vitamin C: 0.94mg (1.14%)