



## Mexican Hot Cocoa

 Vegetarian  Gluten Free

READY IN



125 min.

SERVINGS



7

CALORIES



331 kcal

BEVERAGE

DRINK

### Ingredients

- 1 ancho chili pepper
- 6 oz baker's chocolate chopped
- 0.8 cup brown sugar packed
- 9 cinnamon sticks (2 to 3 inch)
- 2 tablespoons espresso powder instant
- 4 cups milk
- 2 teaspoons vanilla
- 1.5 cups water hot

# Equipment

slow cooker

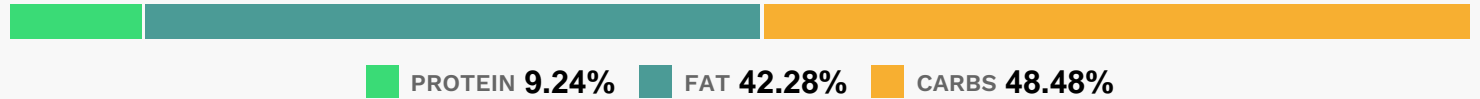
# Directions

Spray 3- to 4-quart slow cooker with cooking spray. In slow cooker, mix milk, hot water, brown sugar, coffee powder, vanilla, chocolate, 2 of the cinnamon sticks and the ancho chile.

Cover; cook on Low heat setting 2 to 3 hours. Stir hot cocoa and remove ancho chile before serving.

Garnish individual servings with whipped topping, red pepper and remaining cinnamon sticks.

# Nutrition Facts



# Properties

Glycemic Index:6.14, Glycemic Load:2.54, Inflammation Score:-9, Nutrition Score:19.022608902143%

# Flavonoids

Catechin: 15.63mg, Catechin: 15.63mg, Catechin: 15.63mg, Catechin: 15.63mg Epicatechin: 34.46mg, Epicatechin: 34.46mg, Epicatechin: 34.46mg, Epicatechin: 34.46mg

# Nutrients (% of daily need)

Calories: 330.62kcal (16.53%), Fat: 17.53g (26.96%), Saturated Fat: 10.51g (65.71%), Carbohydrates: 45.23g (15.08%), Net Carbohydrates: 37.37g (13.59%), Sugar: 32.09g (35.65%), Cholesterol: 16.73mg (5.58%), Sodium: 73.58mg (3.2%), Alcohol: 0.39g (100%), Alcohol %: 0.2% (100%), Caffeine: 64.3mg (21.43%), Protein: 8.62g (17.24%), Manganese: 1.89mg (94.37%), Copper: 0.84mg (41.78%), Fiber: 7.86g (31.43%), Vitamin A: 1563.55IU (31.27%), Iron: 5.14mg (28.53%), Magnesium: 110.73mg (27.68%), Calcium: 266.6mg (26.66%), Phosphorus: 254.19mg (25.42%), Zinc: 3.06mg (20.42%), Potassium: 607.34mg (17.35%), Vitamin B2: 0.28mg (16.53%), Vitamin B12: 0.75µg (12.55%), Vitamin D: 1.53µg (10.22%), Vitamin K: 9.62µg (9.16%), Vitamin B1: 0.12mg (7.94%), Selenium: 5.39µg (7.71%), Vitamin B6: 0.15mg (7.48%), Vitamin B3: 1.4mg (7.01%), Vitamin B5: 0.66mg (6.58%), Vitamin E: 0.43mg (2.86%), Folate: 9.86µg (2.46%), Vitamin C: 1.74mg (2.11%)