



Mexican Marshmallow Mocha

 Gluten Free

READY IN



11 min.

SERVINGS



3

CALORIES



203 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 stick cinnamon 3-inch
- ☐ 2.5 teaspoons coffee granules instant
- ☐ 2 cups milk 1% low-fat
- ☐ 0.5 cup marshmallow crème
- ☐ 3 tablespoons sugar
- ☐ 0.3 cup cocoa unsweetened
- ☐ 0.5 teaspoon vanilla extract

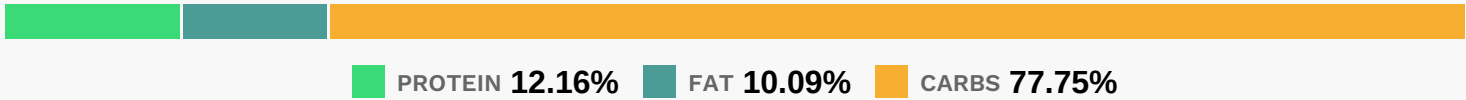
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine milk and cinnamon stick in a medium saucepan over medium heat; bring to a simmer (do not boil).
- ☐ Remove from heat, and cool to room temperature. Discard cinnamon stick.
- ☐ Combine cocoa, sugar, and coffee granules in a small bowl; stir well.
- ☐ Add cocoa mixture to milk mixture in pan, stirring with a whisk until smooth. Stir in marshmallow creme. Cook mixture over medium heat 3 minutes or until thoroughly heated, stirring constantly with a whisk. Reduce heat to low, and simmer 1 minute, stirring vigorously with a whisk to froth mixture.
- ☐ Remove from heat; stir in vanilla.
- ☐ Pour into mugs.

Nutrition Facts



Properties

Glycemic Index:25.03, Glycemic Load:8.39, Inflammation Score:-5, Nutrition Score:9.2826085837315%

Flavonoids

Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 203.13kcal (10.16%), Fat: 2.53g (3.9%), Saturated Fat: 1.48g (9.24%), Carbohydrates: 43.91g (14.64%), Net Carbohydrates: 40.64g (14.78%), Sugar: 33.03g (36.7%), Cholesterol: 7.87mg (2.62%), Sodium: 63.47mg (2.76%), Alcohol: 0.23g (100%), Alcohol %: 0.15% (100%), Caffeine: 42.65mg (14.22%), Protein: 6.87g (13.74%), Manganese: 0.5mg (24.99%), Calcium: 220.47mg (22.05%), Phosphorus: 217.97mg (21.8%), Vitamin B12: 0.96µg (16%), Magnesium: 58.15mg (14.54%), Vitamin B2: 0.24mg (14.21%), Copper: 0.28mg (13.98%), Fiber: 3.27g (13.08%),

Vitamin D: 1.73µg (11.54%), Potassium: 394.85mg (11.28%), Zinc: 1.19mg (7.94%), Selenium: 4.54µg (6.49%), Vitamin B1: 0.1mg (6.38%), Iron: 1.14mg (6.32%), Vitamin A: 311.82IU (6.24%), Vitamin B5: 0.59mg (5.91%), Vitamin B6: 0.11mg (5.26%), Vitamin B3: 0.59mg (2.94%), Folate: 5.51µg (1.38%)