



Mexican Mocha Spice Mix

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



656 kcal

SEASONING

MARINADE

Ingredients

- 2 teaspoons ground cinnamon
- 0.3 cup espresso powder instant
- 1 teaspoon nutmeg freshly grated
- 1.8 cups sugar
- 2 cups cocoa unsweetened

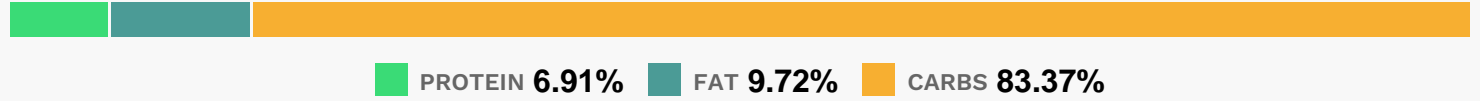
Equipment

- bowl

Directions

- Combine all ingredients in a large bowl; stir well. Store in an airtight container; shake well before each use. Use in mole sauce or stir into cake batters. Also, substitute for cocoa in chocolate pudding recipes, or use to make hot cocoa.

Nutrition Facts



Properties

Glycemic Index:48.36, Glycemic Load:81.6, Inflammation Score:-9, Nutrition Score:27.641739015994%

Flavonoids

Catechin: 37.16mg, Catechin: 37.16mg, Catechin: 37.16mg, Catechin: 37.16mg Epicatechin: 112.62mg, Epicatechin: 112.62mg, Epicatechin: 112.62mg, Epicatechin: 112.62mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

Nutrients (% of daily need)

Calories: 656.28kcal (32.81%), Fat: 8.59g (13.21%), Saturated Fat: 4.84g (30.27%), Carbohydrates: 165.66g (55.22%), Net Carbohydrates: 143.6g (52.22%), Sugar: 117.66g (130.73%), Cholesterol: 0mg (0%), Sodium: 20.74mg (0.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 750.94mg (250.31%), Protein: 13.73g (27.47%), Manganese: 2.79mg (139.71%), Copper: 2.22mg (110.99%), Fiber: 22.06g (88.24%), Magnesium: 352.58mg (88.15%), Iron: 9.03mg (50.16%), Phosphorus: 482.84mg (48.28%), Potassium: 1579.81mg (45.14%), Vitamin B3: 6.84mg (34.18%), Zinc: 4.02mg (26.83%), Selenium: 11.43µg (16.34%), Calcium: 116.94mg (11.69%), Vitamin B2: 0.18mg (10.34%), Folate: 18.93µg (4.73%), Vitamin B6: 0.08mg (3.83%), Vitamin B1: 0.05mg (3.26%), Vitamin K: 2.22µg (2.12%), Vitamin B5: 0.17mg (1.7%)