



Mexican-Style Coffee



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



184 kcal

BEVERAGE

DRINK

Ingredients

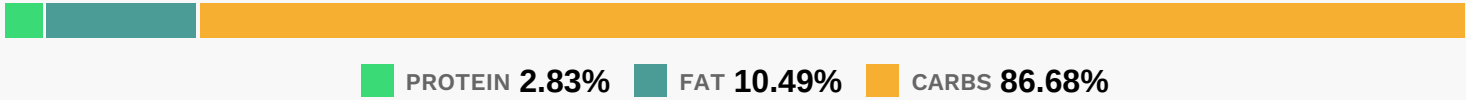
- ☐ 1 pinch cocoa powder for garnish
- ☐ 4 fluid ounces hot-brewed coffee hot brewed
- ☐ 1 fluid ounce rum / brandy / coffee liqueur
- ☐ 1 pinch ground cinnamon for garnish
- ☐ 1 fluid ounce tequila
- ☐ 1 tablespoon non-dairy whipped topping

Equipment

Directions

- ☐ Pour the coffee into a mug. Stir in the coffee liqueur and tequila.
- ☐ Garnish with whipped topping, cinnamon, and cocoa powder.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:1.3817391185819%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 2.01mg, Epicatechin: 2.01mg, Epicatechin: 2.01mg, Epicatechin: 2.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 183.77kcal (9.19%), Fat: 0.84g (1.29%), Saturated Fat: 0.62g (3.89%), Carbohydrates: 15.64g (5.21%), Net Carbohydrates: 15.16g (5.51%), Sugar: 14.92g (16.58%), Cholesterol: 0.09mg (0.03%), Sodium: 8.5mg (0.37%), Alcohol: 16.29g (100%), Alcohol %: 11.28% (100%), Caffeine: 49.61mg (16.54%), Protein: 0.51g (1.02%), Vitamin B2: 0.1mg (5.74%), Manganese: 0.11mg (5.29%), Vitamin B5: 0.3mg (3.04%), Copper: 0.05mg (2.38%), Potassium: 79.16mg (2.26%), Magnesium: 8.97mg (2.24%), Fiber: 0.48g (1.9%), Phosphorus: 15.53mg (1.55%), Vitamin B1: 0.02mg (1.34%), Vitamin B3: 0.26mg (1.29%), Iron: 0.18mg (1.02%)