



Mexicocoa

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



1

CALORIES



187 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 serving splash of agave nectar (can substitute honey or maple syrup)
- 0.8 cup vanilla almond milk coffee-flavored (can substitute Irish Creme, liqueur or milk)
- 1 pinch cayenne pepper
- 1 pinch chili powder
- 1 tsp cinnamon
- 1 serving cinnamon sticks
- 1 serving paprika
- 1 oz silver tequila

1 Tbs cocoa powder unsweetened

Equipment

sauce pan

whisk

wooden spoon

Directions

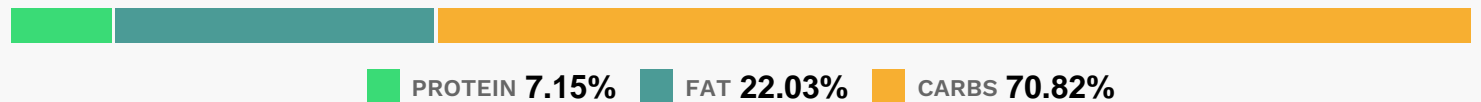
Watch how to make this recipe.

In a saucepan over low heat add the cocoa powder, cinnamon, chili powder and cayenne pepper. Toast until spices begin to release their aromas, about a couple of minutes. Using a small whisk or wooden spoon, slowly incorporate the almond milk. Raise the temperature to medium-high and bring to a slow simmer. Stir in the agave nectar and remove from the heat. Rim a mug by dipping into a saucer of water, blotting and dipping into saucer of paprika.

Pour in tequila.

Add hot cocoa mixture. Stir with a cinnamon stick and serve.

Nutrition Facts



Properties

Glycemic Index:87, Glycemic Load:2.53, Inflammation Score:-7, Nutrition Score:9.0330433871435%

Flavonoids

Catechin: 3.5mg, Catechin: 3.5mg, Catechin: 3.5mg, Catechin: 3.5mg Epicatechin: 10.61mg, Epicatechin: 10.61mg, Epicatechin: 10.61mg, Epicatechin: 10.61mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 186.75kcal (9.34%), Fat: 3.43g (5.28%), Saturated Fat: 0.5g (3.13%), Carbohydrates: 24.81g (8.27%), Net Carbohydrates: 19.01g (6.91%), Sugar: 14.89g (16.54%), Cholesterol: 0mg (0%), Sodium: 249.5mg (10.85%), Alcohol: 9.47g (100%), Alcohol %: 4.82% (100%), Caffeine: 12.42mg (4.14%), Protein: 2.51g (5.01%), Manganese: 1.05mg (52.61%), Calcium: 283.27mg (28.33%), Fiber: 5.81g (23.22%), Vitamin A: 1069.91IU (21.4%), Copper: 0.24mg (12.19%), Iron: 1.61mg (8.95%), Magnesium: 33.78mg (8.44%), Vitamin K: 8.09µg (7.7%), Vitamin E: 0.97mg (6.45%), Vitamin

B6: 0.11mg (5.52%), Phosphorus: 50.8mg (5.08%), Vitamin C: 3.84mg (4.65%), Vitamin B2: 0.08mg (4.54%),
Potassium: 152.88mg (4.37%), Zinc: 0.56mg (3.72%), Vitamin B3: 0.55mg (2.74%), Vitamin B1: 0.04mg (2.65%),
Folate: 9.42µg (2.35%), Selenium: 1.43µg (2.04%)