



## Mocha-Cinnamon Cocoa

 **Gluten Free**  **Very Healthy**  **Low Fod Map**

READY IN



45 min.

SERVINGS



18

CALORIES



145 kcal

BEVERAGE

DRINK

### Ingredients

- 3.5 cups nonfat milk powder dry instant
- 1 cup powdered sugar sifted
- 1 cup mexican mocha spice mix
- 13.5 cups water hot

### Equipment

### Directions

Combine first 3 ingredients; stir well. Store mixture in an airtight container. To serve, spoon 1/4 cup cocoa mix into each individual mug.

Add 3/4 cup hot water to each mug, and stir well.

## Nutrition Facts

 **PROTEIN 24.6%**  **FAT 4.27%**  **CARBS 71.13%**

### Properties

Glycemic Index:0.28, Glycemic Load:0.17, Inflammation Score:-7, Nutrition Score:18.605652187182%

### Nutrients (% of daily need)

Calories: 145.23kcal (7.26%), Fat: 0.74g (1.14%), Saturated Fat: 0.32g (2%), Carbohydrates: 27.85g (9.28%), Net Carbohydrates: 22.26g (8.09%), Sugar: 19.19g (21.32%), Cholesterol: 4.67mg (1.56%), Sodium: 137.12mg (5.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.63g (19.26%), Vitamin K: 81.74µg (77.85%), Calcium: 509.3mg (50.93%), Manganese: 0.66mg (33.04%), Iron: 4.92mg (27.31%), Vitamin B2: 0.43mg (25.43%), Phosphorus: 245.32mg (24.53%), Fiber: 5.59g (22.34%), Vitamin D: 2.57µg (17.11%), Potassium: 583.41mg (16.67%), Vitamin E: 2.4mg (16%), Magnesium: 62.93mg (15.73%), Vitamin B12: 0.94µg (15.67%), Vitamin A: 732.01IU (14.64%), Vitamin B6: 0.22mg (11.07%), Folate: 42.82µg (10.7%), Selenium: 7µg (10%), Vitamin B5: 0.95mg (9.54%), Zinc: 1.32mg (8.83%), Vitamin B1: 0.12mg (8.01%), Copper: 0.12mg (6.08%), Vitamin B3: 0.83mg (4.16%), Vitamin C: 1.89mg (2.29%)