



Peppermint Coffee Mix



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



1157 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup cocoa powder
- ☐ 50 peppermint candies mini
- ☐ 1 cup coffee instant
- ☐ 1 cup non-dairy creamer like mimiccreme
- ☐ 0.5 cup peppermint candies crushed
- ☐ 6 oz bittersweet chocolate divided
- ☐ 1.3 cups sugar

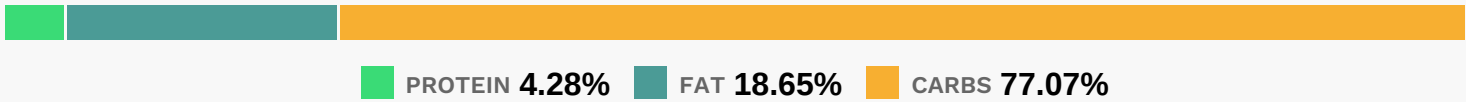
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wax paper
- ☐ microwave

Directions

- ☐ Coffee
- ☐ Combine first 4 ingredients in a large bowl.
- ☐ Place in an airtight container; top with crushed candies. Give mix with Candy Cane Stirrers and attach gift card with instructions (see below).
- ☐ Candy Cane Stirrers: Microwave 3/4 cup chocolate chips in a small microwave-safe bowl at 50% power for 1 1/2 minutes. Stir chocolate until smooth; microwave 20 more seconds, if necessary.
- ☐ Add remaining chocolate and stir until smooth. Set bowl in a pan of hot water to keep chocolate soft, making sure water does not mix with chocolate.
- ☐ Dip straight end of each candy cane into chocolate to coat; place on wax paper to cool.
- ☐ Combine 2 tablespoons mix with 1/2 cup boiling water; mix well. Makes one serving.

Nutrition Facts



Properties

Glycemic Index:52.52, Glycemic Load:102, Inflammation Score:-8, Nutrition Score:24.889565063559%

Flavonoids

Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 1156.97kcal (57.85%), Fat: 24.25g (37.32%), Saturated Fat: 11.52g (71.98%), Carbohydrates: 225.58g (75.19%), Net Carbohydrates: 218.2g (79.35%), Sugar: 145.76g (161.96%), Cholesterol: 2.55mg (0.85%), Sodium: 69.26mg (3.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 1918.51mg (639.5%), Protein: 12.53g (25.05%), Manganese: 1.99mg (99.56%), Vitamin B3: 17.27mg (86.35%), Magnesium: 321.9mg (80.47%), Potassium:

2614.25mg (74.69%), Copper: 1.02mg (51.25%), Phosphorus: 407.08mg (40.71%), Iron: 6.84mg (38.01%), Fiber: 7.38g (29.52%), Selenium: 13.62µg (19.46%), Zinc: 2.08mg (13.9%), Calcium: 129.59mg (12.96%), Vitamin B2: 0.1mg (6.07%), Vitamin K: 5.95µg (5.67%), Vitamin E: 0.75mg (4.98%), Vitamin B6: 0.04mg (2.21%), Vitamin B5: 0.21mg (2.12%), Vitamin B1: 0.03mg (1.78%), Vitamin B12: 0.08µg (1.28%)