



Slow-Cooker Mexican Hot Cocoa

 Gluten Free

READY IN



125 min.

SERVINGS



7

CALORIES



347 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 ancho chili pepper
- ☐ 6 oz baker's chocolate chopped
- ☐ 0.8 cup brown sugar packed
- ☐ 9 cinnamon sticks (2 to 3 inch)
- ☐ 2 tablespoons espresso powder instant
- ☐ 4 cups milk
- ☐ 7 servings ground pepper red (cayenne)
- ☐ 2 teaspoons vanilla

- ☐ 1.5 cups water hot
- ☐ 7 servings non-dairy whipped topping frozen thawed

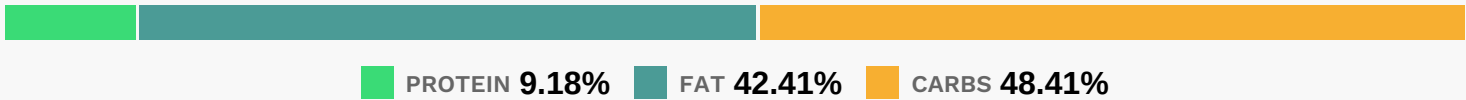
Equipment

- ☐ slow cooker

Directions

- ☐ Spray 3- to 4-quart slow cooker with cooking spray. In slow cooker, mix milk, hot water, brown sugar, coffee powder, vanilla, chocolate, 2 of the cinnamon sticks and the ancho chile.
- ☐ Cover; cook on Low heat setting 2 to 3 hours. Stir hot cocoa and remove ancho chile before serving.
- ☐ Garnish individual servings with whipped topping, red pepper and remaining cinnamon sticks.

Nutrition Facts



Properties

Glycemic Index:10.71, Glycemic Load:2.72, Inflammation Score:-9, Nutrition Score:20.769565406053%

Flavonoids

Catechin: 15.63mg, Catechin: 15.63mg, Catechin: 15.63mg, Catechin: 15.63mg Epicatechin: 34.46mg, Epicatechin: 34.46mg, Epicatechin: 34.46mg, Epicatechin: 34.46mg

Nutrients (% of daily need)

Calories: 347.06kcal (17.35%), Fat: 18.46g (28.4%), Saturated Fat: 11.09g (69.3%), Carbohydrates: 47.42g (15.81%), Net Carbohydrates: 39.02g (14.19%), Sugar: 33.36g (37.06%), Cholesterol: 16.82mg (5.61%), Sodium: 77.42mg (3.37%), Alcohol: 0.39g (100%), Alcohol %: 0.19% (100%), Caffeine: 64.3mg (21.43%), Protein: 8.99g (17.99%), Manganese: 1.93mg (96.37%), Vitamin A: 2399.08IU (47.98%), Copper: 0.84mg (42.18%), Fiber: 8.4g (33.61%), Iron: 5.3mg (29.43%), Magnesium: 114.08mg (28.52%), Calcium: 272.76mg (27.28%), Phosphorus: 263.38mg (26.34%), Zinc: 3.12mg (20.78%), Potassium: 652.16mg (18.63%), Vitamin B2: 0.3mg (17.85%), Vitamin B12: 0.76µg (12.7%), Vitamin K: 11.37µg (10.83%), Vitamin D: 1.53µg (10.22%), Vitamin B6: 0.2mg (9.97%), Vitamin B1: 0.13mg (8.44%), Selenium: 5.68µg (8.11%), Vitamin B3: 1.58mg (7.91%), Vitamin E: 1.05mg (6.98%), Vitamin B5: 0.66mg (6.58%), Vitamin C: 3.27mg (3.96%), Folate: 12.11µg (3.03%)