



1-2-3 Hot Cocoa

 Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



229 kcal

BEVERAGE

DRINK

Ingredients

- 3.9 oz jell-o chocolate flavor pudding instant
- 0.5 cup marshmallows jet-puffed miniature divided
- 6 cups milk cold

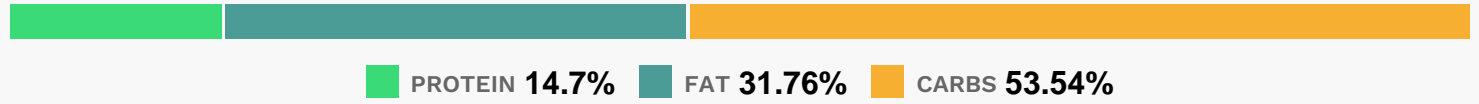
Equipment

- sauce pan
- whisk

Directions

- Beat pudding mix and milk in saucepan with whisk 2 min.
- Bring just to simmer on medium heat, stirring frequently.
- Pour into mugs. Top with marshmallows.

Nutrition Facts



Properties

Glycemic Index:16.42, Glycemic Load:6.38, Inflammation Score:-4, Nutrition Score:8.7539129296075%

Nutrients (% of daily need)

Calories: 229.3kcal (11.47%), Fat: 8.17g (12.56%), Saturated Fat: 4.69g (29.33%), Carbohydrates: 30.98g (10.33%), Net Carbohydrates: 30.31g (11.02%), Sugar: 26.64g (29.6%), Cholesterol: 29.28mg (9.76%), Sodium: 359.38mg (15.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.5g (17%), Calcium: 302.46mg (30.25%), Phosphorus: 260.04mg (26%), Vitamin B12: 1.32µg (21.96%), Vitamin B2: 0.35mg (20.41%), Vitamin D: 2.68µg (17.89%), Potassium: 409.7mg (11.71%), Magnesium: 37.66mg (9.41%), Vitamin B1: 0.14mg (9.23%), Vitamin B5: 0.91mg (9.15%), Vitamin A: 395.28IU (7.91%), Vitamin B6: 0.15mg (7.56%), Zinc: 1.12mg (7.44%), Selenium: 5.17µg (7.38%), Manganese: 0.08mg (3.89%), Copper: 0.07mg (3.59%), Fiber: 0.67g (2.67%), Vitamin B3: 0.3mg (1.51%), Iron: 0.25mg (1.37%)