



## 1990 Hot Chocolate Deluxe

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



242 kcal

BEVERAGE

DRINK

### Ingredients

- 0.3 cup chocolate syrup
- 0.3 cup rum / brandy / coffee liqueur
- 4 cups milk
- 0.3 cup water boiling
- 5 servings garnish: whipped cream

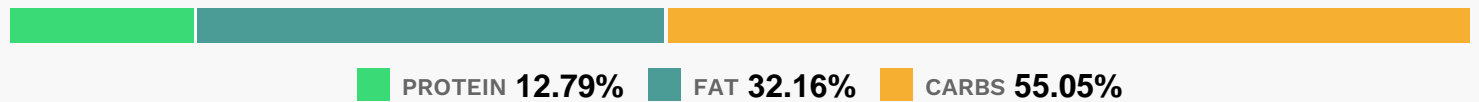
### Equipment

- sauce pan

## Directions

- Stir together 1/4 cup boiling water and chocolate syrup in a medium saucepan; add milk, stirring until blended. Cook over medium heat 6 to 8 minutes or until thoroughly heated. Stir in liqueur.
- Garnish, if desired.
- Note: For testing purposes only, we used Kahla.

## Nutrition Facts



## Properties

Glycemic Index:18.6, Glycemic Load:3.88, Inflammation Score:-4, Nutrition Score:7.5569565505113%

## Nutrients (% of daily need)

Calories: 242.31kcal (12.12%), Fat: 7.85g (12.08%), Saturated Fat: 4.58g (28.63%), Carbohydrates: 30.25g (10.08%), Net Carbohydrates: 29.73g (10.81%), Sugar: 27.16g (30.18%), Cholesterol: 27.98mg (9.33%), Sodium: 90.91mg (3.95%), Alcohol: 3.41g (100%), Alcohol %: 1.74% (100%), Protein: 7.03g (14.06%), Calcium: 249.31mg (24.93%), Phosphorus: 228.29mg (22.83%), Vitamin B12: 1.07µg (17.86%), Vitamin B2: 0.28mg (16.66%), Vitamin D: 2.17µg (14.47%), Potassium: 346.42mg (9.9%), Magnesium: 37.2mg (9.3%), Vitamin B1: 0.11mg (7.56%), Vitamin B5: 0.75mg (7.49%), Vitamin A: 357.32IU (7.15%), Zinc: 0.97mg (6.46%), Vitamin B6: 0.12mg (6.14%), Selenium: 4.07µg (5.82%), Copper: 0.11mg (5.34%), Manganese: 0.08mg (4.21%), Iron: 0.43mg (2.36%), Fiber: 0.52g (2.08%), Vitamin B3: 0.27mg (1.37%)