



A-Plus Hot Chocolate

 Vegetarian

READY IN



3 min.

SERVINGS



1

CALORIES



501 kcal

BEVERAGE

DRINK

Ingredients

- 5 ounce evaporated milk canned
- 3 tablespoons powdered chocolate drink mix
- 3 tablespoons condensed milk sweetened
- 1 tablespoon sugar white

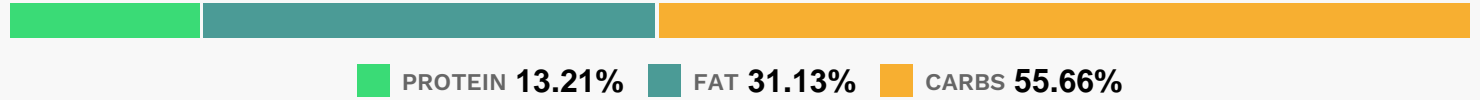
Equipment

- microwave

Directions

- In a 16 ounce glass, combine chocolate drink mix, sugar, sweetened condensed milk, and evaporated milk.
- Add water to fill the glass.
- Place in microwave and cook on High for 1 1/2 to 2 minutes. Stir and serve.

Nutrition Facts



Properties

Glycemic Index:131.09, Glycemic Load:28.29, Inflammation Score:-5, Nutrition Score:14.000434805842%

Nutrients (% of daily need)

Calories: 500.78kcal (25.04%), Fat: 17.55g (26.99%), Saturated Fat: 10.59g (66.17%), Carbohydrates: 70.57g (23.52%), Net Carbohydrates: 70.56g (25.66%), Sugar: 66.7g (74.12%), Cholesterol: 65.47mg (21.82%), Sodium: 293.4mg (12.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.76g (33.51%), Calcium: 589.65mg (58.97%), Vitamin B2: 0.85mg (50.09%), Phosphorus: 498.62mg (49.86%), Potassium: 777.41mg (22.21%), Selenium: 14.92µg (21.31%), Magnesium: 64.96mg (16.24%), Vitamin B5: 1.46mg (14.57%), Vitamin B1: 0.2mg (13.6%), Zinc: 1.82mg (12.13%), Vitamin A: 535.94IU (10.72%), Vitamin B12: 0.62µg (10.38%), Vitamin B6: 0.17mg (8.46%), Folate: 25.53µg (6.38%), Vitamin B3: 1.27mg (6.33%), Vitamin C: 4.73mg (5.74%), Copper: 0.07mg (3.28%), Iron: 0.5mg (2.8%), Manganese: 0.05mg (2.58%), Vitamin E: 0.38mg (2.55%), Vitamin K: 2.1µg (2%), Vitamin D: 0.26µg (1.74%)