



Alcoholic Hot Chocolate

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



517 kcal

BEVERAGE

DRINK

Ingredients

- 1 teaspoon brown sugar
- 1 cinnamon sticks
- 2 tablespoons rum dark to taste
- 2 teaspoons honey
- 2 cups milk
- 3.5 ounces semisweet dark
- 1 teaspoon vanilla extract

Equipment

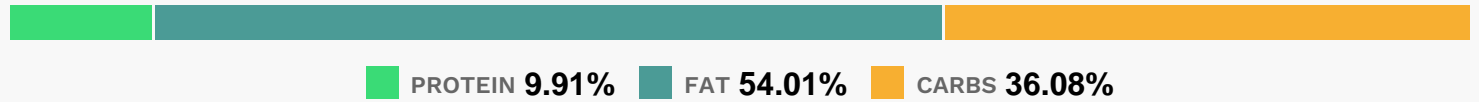
sauce pan

whisk

Directions

- Put the milk into a saucepan and break the chocolate into pieces and add to the milk along with a cinnamon stick, honey, and sugar and heat gently until the chocolate is melted.
- Add the vanilla and mix with a small hand whisk and still whisking, add a spoonful of the rum first and taste to see if you want more.
- Add more sugar if you want this sweeter, too. Take out the cinnamon stick and pour into 2 cappuccino or caffe latte cups.

Nutrition Facts



Properties

Glycemic Index:66.64, Glycemic Load:11.36, Inflammation Score:-7, Nutrition Score:19.41478274957%

Nutrients (% of daily need)

Calories: 516.69kcal (25.83%), Fat: 28.98g (44.59%), Saturated Fat: 16.69g (104.34%), Carbohydrates: 43.56g (14.52%), Net Carbohydrates: 37.21g (13.53%), Sugar: 31.62g (35.13%), Cholesterol: 30.77mg (10.26%), Sodium: 103.99mg (4.52%), Alcohol: 5.7g (100%), Alcohol %: 2.25% (100%), Caffeine: 39.69mg (13.23%), Protein: 11.96g (23.92%), Manganese: 1.3mg (64.8%), Copper: 0.89mg (44.63%), Phosphorus: 401.44mg (40.14%), Magnesium: 144mg (36%), Calcium: 356.17mg (35.62%), Iron: 6.1mg (33.9%), Fiber: 6.35g (25.4%), Vitamin B12: 1.46µg (24.28%), Vitamin B2: 0.38mg (22.43%), Potassium: 737.83mg (21.08%), Zinc: 2.7mg (17.99%), Vitamin D: 2.68µg (17.89%), Selenium: 8.14µg (11.63%), Vitamin B5: 1.13mg (11.32%), Vitamin B1: 0.16mg (10.33%), Vitamin B6: 0.17mg (8.68%), Vitamin A: 419.79IU (8.4%), Vitamin K: 4.9µg (4.67%), Vitamin B3: 0.82mg (4.12%), Vitamin E: 0.46mg (3.04%)