



Alcoholic Hot Chocolate

 Gluten Free

READY IN



9 min.

SERVINGS



2

CALORIES



472 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 teaspoon brown sugar plus more to taste
- ☐ 3.5 ounces best-quality chocolate
- ☐ 1 cinnamon sticks
- ☐ 2 tablespoons rum dark to taste
- ☐ 2 teaspoons honey
- ☐ 2 cups milk
- ☐ 1 teaspoon vanilla extract

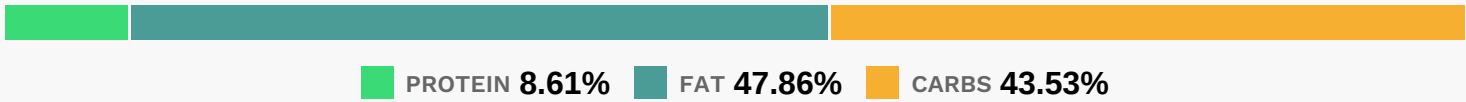
Equipment

- ☐ 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.
- ☐ Heat gently until the chocolate is melted.
- ☐ Add the vanilla and mix with a small hand whisk; still whisking, add a spoonful of the rum first and taste to see if you want more (no point pouring in all at once as it's too late to do anything about it if it's too strong for you) and add more sugar if you want it sweeter. Take out the cinnamon stick and pour into 2 cappuccino or latte cups.

Nutrition Facts



Properties

Glycemic Index:76.44, Glycemic Load:18.96, Inflammation Score:-5, Nutrition Score:13.186956428639%

Nutrients (% of daily need)

Calories: 471.54kcal (23.58%), Fat: 24.8g (38.15%), Saturated Fat: 14.51g (90.67%), Carbohydrates: 50.75g (16.92%), Net Carbohydrates: 47.08g (17.12%), Sugar: 45.25g (50.28%), Cholesterol: 29.28mg (9.76%), Sodium: 102mg (4.43%), Alcohol: 5.7g (100%), Alcohol %: 2.25% (100%), Caffeine: 32.74mg (10.91%), Protein: 10.03g (20.06%), Calcium: 331.86mg (33.19%), Phosphorus: 321.57mg (32.16%), Manganese: 0.57mg (28.73%), Vitamin B2: 0.46mg (27.16%), Vitamin B12: 1.32µg (21.96%), Magnesium: 86.95mg (21.74%), Vitamin D: 2.68µg (17.89%), Copper: 0.3mg (15.06%), Potassium: 526.98mg (15.06%), Fiber: 3.67g (14.69%), Zinc: 1.8mg (12.01%), Vitamin B1: 0.15mg (9.87%), Vitamin B5: 0.96mg (9.6%), Vitamin B6: 0.18mg (8.81%), Selenium: 6.16µg (8.8%), Iron: 1.57mg (8.7%), Vitamin A: 400.44IU (8.01%), Vitamin K: 4.4µg (4.19%), Vitamin B3: 0.63mg (3.17%), Vitamin E: 0.29mg (1.94%)