



Alpine Mint Hot Chocolate

 Gluten Free

READY IN



20 min.

SERVINGS



10

CALORIES



563 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup whipping cream
- ☐ 2 tablespoons powdered sugar
- ☐ 1 tablespoon cocoa powder unsweetened
- ☐ 0.3 teaspoon peppermint extract
- ☐ 6 cups milk
- ☐ 3 cups peppermint candies white
- ☐ 0.5 teaspoon peppermint extract
- ☐ 1 serving peppermint candies hard crushed

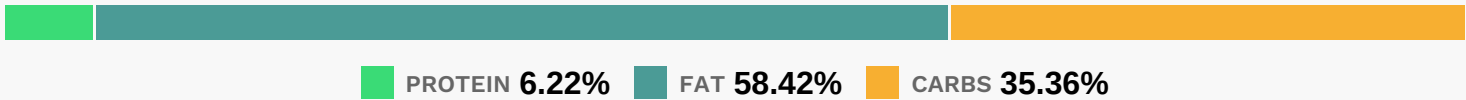
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ In chilled small bowl, mix whipping cream, powdered sugar, cocoa and 1/4 teaspoon peppermint extract with electric mixer on high speed until stiff peaks form. Cover and refrigerate until serving time.
- ☐ In 2-quart saucepan, heat milk just to simmering over medium-low heat – do not boil. Reduce heat to low.
- ☐ Add baking chips; stir constantly with wire whisk until melted and smooth. Stir in 1/2 teaspoon peppermint extract.
- ☐ Pour hot chocolate into cups or mugs. Top each serving with whipped cream.
- ☐ Garnish with candy cane for stirring, or sprinkle with crushed candies.

Nutrition Facts



Properties

Glycemic Index:10.8, Glycemic Load:2.66, Inflammation Score:-3, Nutrition Score:6.4173914200586%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 562.79kcal (28.14%), Fat: 37.88g (58.28%), Saturated Fat: 29.27g (182.92%), Carbohydrates: 51.59g (17.2%), Net Carbohydrates: 51.41g (18.69%), Sugar: 49.72g (55.25%), Cholesterol: 44.46mg (14.82%), Sodium: 106.23mg (4.62%), Alcohol: 0.1g (100%), Alcohol %: 0.05% (100%), Protein: 9.08g (18.16%), Calcium: 302.93mg (30.29%), Phosphorus: 165.36mg (16.54%), Vitamin B2: 0.25mg (14.62%), Vitamin B12: 0.83µg (13.81%), Vitamin D:

1.99µg (13.27%), Vitamin A: 587.03IU (11.74%), Potassium: 250.29mg (7.15%), Vitamin B5: 0.61mg (6.08%), Vitamin B1: 0.09mg (5.81%), Magnesium: 21.76mg (5.44%), Selenium: 3.58µg (5.11%), Vitamin B6: 0.1mg (4.92%), Zinc: 0.69mg (4.61%), Vitamin E: 0.29mg (1.95%), Manganese: 0.03mg (1.3%), Copper: 0.02mg (1.17%), Vitamin K: 1.21µg (1.16%)