



Barcelona Hot Chocolate

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



191 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 ounces bittersweet chocolate dark finely chopped (60 to 70 percent cocoa)
- ☐ 0.3 cup brown sugar packed
- ☐ 1.3 cups milk 1% low-fat
- ☐ 1 piece orange rind strip
- ☐ 1 cup strong coffee decoction brewed
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 0.7 cup water boiling
- ☐ 0.3 cup non-dairy whipped topping fat-free frozen thawed

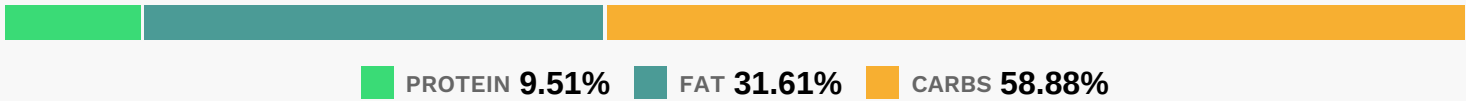
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine 2/3 cup boiling water and chopped chocolate in a medium saucepan, stirring until chocolate melts.
- ☐ Add milk and next 4 ingredients (through rind); cook over medium-low heat, stirring with a whisk.
- ☐ Heat 5 minutes or until tiny bubbles form around edge of pan, stirring frequently (do not boil). Discard rind.
- ☐ Pour 1 cup mixture into each of 4 mugs. Spoon 1 tablespoon whipped topping over each serving. Dust with cocoa powder, if desired.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:8.2721739825995%

Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 10.58mg, Epicatechin: 10.58mg, Epicatechin: 10.58mg, Epicatechin: 10.58mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 190.89kcal (9.54%), Fat: 7.17g (11.03%), Saturated Fat: 4.14g (25.87%), Carbohydrates: 30.04g (10.01%), Net Carbohydrates: 26.58g (9.66%), Sugar: 23.29g (25.87%), Cholesterol: 5.53mg (1.84%), Sodium: 43.7mg (1.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 48.25mg (16.08%), Protein: 4.85g (9.71%), Manganese: 0.42mg (20.94%), Copper: 0.4mg (19.95%), Magnesium: 65.65mg (16.41%), Phosphorus: 163.48mg (16.35%), Calcium: 138.46mg (13.85%), Fiber: 3.46g (13.84%), Vitamin B2: 0.21mg (12.16%), Potassium: 345.89mg (9.88%), Iron: 1.77mg (9.84%), Vitamin B12: 0.57µg (9.58%), Zinc: 1.12mg (7.48%), Vitamin D: 0.87µg (5.77%), Selenium: 3.95µg (5.64%),

Vitamin B5: 0.52mg (5.24%), Vitamin C: 4.08mg (4.95%), Vitamin B1: 0.07mg (4.83%), Vitamin B6: 0.08mg (3.78%),
Vitamin A: 182.08IU (3.64%), Vitamin B3: 0.5mg (2.49%), Folate: 6.31µg (1.58%), Vitamin K: 1.31µg (1.24%)