



## Barcelona Hot Chocolate

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



194 kcal

SIDE DISH

## 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 zest
- 1 cup hot-brewed coffee brewed
- 0.3 cup cocoa powder unsweetened
- 0.7 cup water boiling
- 0.3 cup non-dairy whipped topping fat-free frozen thawed

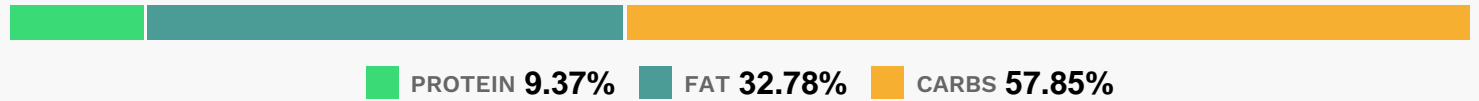
## Equipment

- 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:0, Nutrition Score:8.1182607956555%

## 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 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: 194.41kcal (9.72%), Fat: 7.55g (11.61%), Saturated Fat: 4.53g (28.34%), Carbohydrates: 29.97g (9.99%), Net Carbohydrates: 26.53g (9.65%), Sugar: 23.64g (26.27%), Cholesterol: 4.88mg (1.63%), 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 (19.93%), Magnesium: 65.61mg (16.4%), Phosphorus: 163.76mg (16.38%), Fiber: 3.44g (13.76%), Calcium: 136.73mg (13.67%), Vitamin B2: 0.18mg (10.7%), Potassium: 345.57mg (9.87%), Iron: 1.78mg (9.86%), Vitamin B12: 0.51µg (8.58%), Zinc: 1.11mg (7.41%), Vitamin D: 0.87µg (5.77%), Selenium: 3.92µg (5.6%),

Vitamin B5: 0.52mg (5.24%), Vitamin C: 4.08mg (4.95%), Vitamin B1: 0.07mg (4.43%), Vitamin A: 177.34IU (3.55%),  
Vitamin B6: 0.07mg (3.54%), Vitamin B3: 0.48mg (2.42%), Folate: 5.66µg (1.41%), Vitamin K: 1.44µg (1.37%)