



Brandied Hot Chocolate

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



295 kcal

BEVERAGE

DRINK

Ingredients

- 10 oz bittersweet chocolate unsweetened finely chopped (not)
- 2 tablespoons brandy to taste
- 2 teaspoons cornstarch
- 0.5 cup cup heavy whipping cream
- 1 tablespoon cocoa powder unsweetened
- 0.5 cup water
- 1.5 cups milk whole

Equipment

sauce pan

whisk

Directions

Whisk together cornstarch and 2 tablespoons milk.

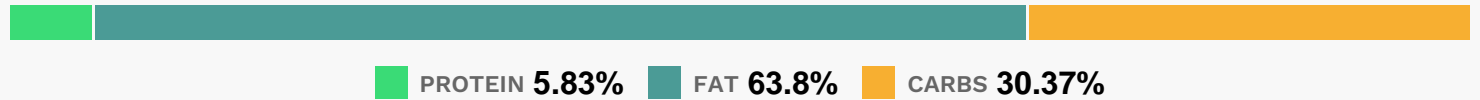
Bring water to a boil in a 2-quart heavy saucepan, then reduce heat to moderately low and add chopped chocolate and a pinch of salt, whisking until smooth.

Add cream and remaining milk (1 1/4 cups plus 2 tablespoons) and increase heat to moderate, then cook, whisking occasionally, until mixture is smooth and heated through. Taste; for a deeper chocolate flavor, whisk in cocoa.

Whisk cornstarch mixture, then add half to chocolate mixture and simmer, whisking, until slightly thickened, about 2 minutes.

Add brandy (if using) and remaining cornstarch mixture to thicken if desired, then simmer, whisking, 1 minute.

Nutrition Facts



Properties

Glycemic Index:6.63, Glycemic Load:0.81, Inflammation Score:-4, Nutrition Score:7.7213043207708%

Flavonoids

Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 295.2kcal (14.76%), Fat: 20.5g (31.53%), Saturated Fat: 12.13g (75.81%), Carbohydrates: 21.95g (7.32%), Net Carbohydrates: 18.88g (6.87%), Sugar: 15.65g (17.39%), Cholesterol: 24.42mg (8.14%), Sodium: 25.9mg (1.13%), Alcohol: 1.25g (100%), Alcohol %: 1.37% (100%), Caffeine: 31.91mg (10.64%), Protein: 4.22g (8.43%), Manganese: 0.5mg (24.82%), Copper: 0.47mg (23.57%), Magnesium: 72.18mg (18.05%), Phosphorus: 151.77mg (15.18%), Iron: 2.35mg (13.03%), Fiber: 3.07g (12.28%), Calcium: 89.31mg (8.93%), Potassium: 293.27mg (8.38%), Zinc: 1.21mg (8.05%), Vitamin B2: 0.11mg (6.48%), Selenium: 4.4µg (6.28%), Vitamin A: 310.5IU (6.21%), Vitamin B12: 0.33µg (5.58%), Vitamin D: 0.74µg (4.94%), Vitamin B5: 0.32mg (3.16%), Vitamin K: 3.18µg (3.03%), Vitamin B1: 0.04mg (2.71%), Vitamin E: 0.37mg (2.46%), Vitamin B6: 0.05mg (2.3%), Vitamin B3: 0.37mg (1.84%)