

Butterbeer V

 Gluten Free

READY IN



15 min.

SERVINGS



1

CALORIES



616 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 1 ounce butterscotch topping
- 0.5 teaspoon ground cinnamon
- 2 teaspoons honey
- 2 teaspoons chocolate powder hot
- 1.5 cups milk
- 1 teaspoon vanilla extract
- 2 teaspoons sugar white

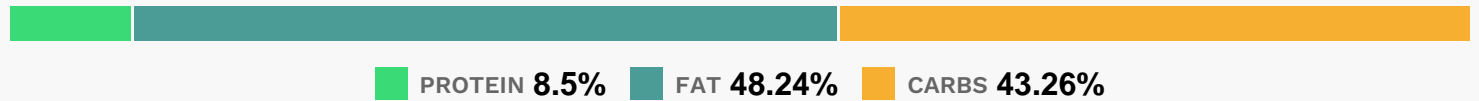
Equipment

- sauce pan
- whisk

Directions

- Melt the butter with the honey in a small saucepan over medium heat. Stir the milk, sugar, vanilla extract, and butterscotch topping into the butter mixture; heat until just about to boil and remove from heat.
- Whisk the cinnamon and hot chocolate powder into the mixture; pour into a mug to serve.

Nutrition Facts



Properties

Glycemic Index:275.36, Glycemic Load:29.53, Inflammation Score:-6, Nutrition Score:13.855652217632%

Nutrients (% of daily need)

Calories: 616.13kcal (30.81%), Fat: 33.43g (51.43%), Saturated Fat: 22.24g (139%), Carbohydrates: 67.44g (22.48%), Net Carbohydrates: 66.32g (24.12%), Sugar: 65.04g (72.27%), Cholesterol: 74.02mg (24.67%), Sodium: 374.43mg (16.28%), Alcohol: 1.38g (100%), Alcohol %: 0.39% (100%), Protein: 13.25g (26.5%), Calcium: 488.56mg (48.86%), Phosphorus: 383.25mg (38.32%), Vitamin B12: 2.03µg (33.81%), Vitamin B2: 0.54mg (31.89%), Vitamin D: 4.03µg (26.84%), Vitamin A: 947.55IU (18.95%), Potassium: 588.17mg (16.8%), Vitamin B5: 1.44mg (14.37%), Vitamin B1: 0.21mg (14.04%), Magnesium: 46.98mg (11.74%), Vitamin B6: 0.23mg (11.71%), Selenium: 7.65µg (10.93%), Zinc: 1.6mg (10.66%), Manganese: 0.21mg (10.53%), Vitamin E: 0.72mg (4.83%), Fiber: 1.12g (4.48%), Vitamin K: 4.23µg (4.03%), Iron: 0.43mg (2.38%), Vitamin B3: 0.45mg (2.26%)