



Candy Cane Cocoa

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



328 kcal

SIDE DISH

Ingredients

- 4 small peppermint candy canes
- 4 cups milk
- 3 ounce bittersweet chocolate chopped
- 1 cup whipped cream

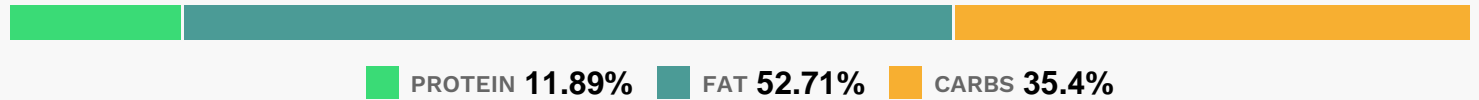
Equipment

- sauce pan
- whisk

Directions

- In a saucepan, heat milk until hot, but not boiling.
- Whisk in the chocolate and the crushed peppermint candies until melted and smooth.
- Pour hot cocoa into four mugs, and garnish with whipped cream.
- Serve each with a candy cane stirring stick.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:8.67, Inflammation Score:-5, Nutrition Score:11.593913031013%

Nutrients (% of daily need)

Calories: 328.31kcal (16.42%), Fat: 19.29g (29.67%), Saturated Fat: 11.3g (70.61%), Carbohydrates: 29.14g (9.71%), Net Carbohydrates: 27.44g (9.98%), Sugar: 24.12g (26.8%), Cholesterol: 41.96mg (13.99%), Sodium: 96.05mg (4.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 18.29mg (6.1%), Protein: 9.78g (19.57%), Calcium: 328.45mg (32.85%), Phosphorus: 315.07mg (31.51%), Vitamin B12: 1.4µg (23.32%), Vitamin B2: 0.36mg (20.99%), Vitamin D: 2.74µg (18.29%), Magnesium: 68.35mg (17.09%), Manganese: 0.29mg (14.58%), Potassium: 508.61mg (14.53%), Copper: 0.27mg (13.46%), Zinc: 1.62mg (10.8%), Vitamin B5: 1.02mg (10.2%), Vitamin A: 508.66IU (10.17%), Vitamin B1: 0.15mg (9.93%), Selenium: 6.63µg (9.47%), Vitamin B6: 0.16mg (8.11%), Iron: 1.35mg (7.51%), Fiber: 1.7g (6.8%), Vitamin K: 2.55µg (2.43%), Vitamin E: 0.34mg (2.29%), Vitamin B3: 0.44mg (2.22%)