



Candy Cane Hot Chocolate Mix



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



207 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup baking cocoa
- ☐ 16 servings marshmallows mini
- ☐ 1.5 cups nondairy creamer
- ☐ 20 peppermint candies
- ☐ 1.5 cup powdered sugar

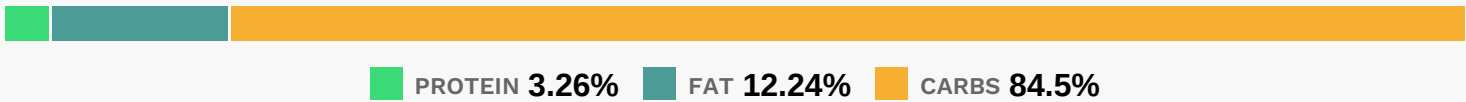
Equipment

- ☐ paper towels
- ☐ mixing bowl

Directions

- ☐ In a one-quart wide-mouth jar, layer powdered sugar, then cocoa, packing each layer as tightly as possible. Wipe the inside of the jar with a paper towel to remove any excess cocoa before adding the next layer.
- ☐ Add nondairy creamer to jar, packing tightly.
- ☐ Add peppermint pieces. Fill any remaining space in top of jar with a layer of mini marshmallows; secure lid. Give with the following instructions: Empty jar into a large mixing bowl; blend well. Spoon mixture back into jar. To serve, add 3/4 cup boiling water to 1/4 cup cocoa mixture; stir to blend.

Nutrition Facts



Properties

Glycemic Index:8.16, Glycemic Load:18.88, Inflammation Score:-1, Nutrition Score:2.6800000035892%

Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 207.33kcal (10.37%), Fat: 3.04g (4.68%), Saturated Fat: 0.89g (5.54%), Carbohydrates: 47.21g (15.74%), Net Carbohydrates: 45.19g (16.43%), Sugar: 35.16g (39.07%), Cholesterol: 0mg (0%), Sodium: 40.43mg (1.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.36mg (4.12%), Protein: 1.82g (3.64%), Copper: 0.23mg (11.68%), Manganese: 0.21mg (10.45%), Fiber: 2.02g (8.07%), Magnesium: 27.42mg (6.86%), Phosphorus: 56.25mg (5.63%), Iron: 0.83mg (4.61%), Potassium: 126.4mg (3.61%), Zinc: 0.38mg (2.56%), Selenium: 1.59µg (2.28%), Vitamin E: 0.19mg (1.25%)