



Caramel Hot Chocolate

 Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



166 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 tablespoons mrs richardson's butterscotch caramel sauce fat-free
- ☐ 2 servings pecans chopped
- ☐ 2 cups soymilk light
- ☐ 2 servings non-dairy whipped topping fat-free frozen thawed

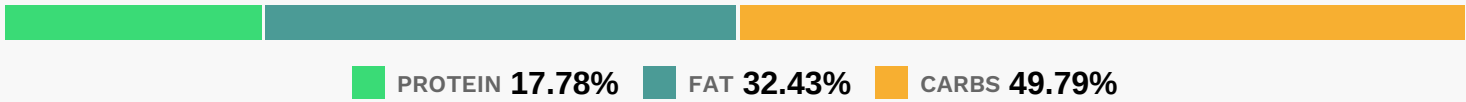
Equipment

- ☐ sauce pan

Directions

- ☐ In 1-quart saucepan, stir soymilk and caramel topping until well blended.
- ☐ Heat over medium-high heat, stirring frequently, until hot.
- ☐ Pour into 2 mugs.
- ☐ Garnish with whipped topping and pecans.

Nutrition Facts



Properties

Glycemic Index:21.71, Glycemic Load:2.41, Inflammation Score:-7, Nutrition Score:15.383912929374%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

Nutrients (% of daily need)

Calories: 166.39kcal (8.32%), Fat: 6.01g (9.24%), Saturated Fat: 1.06g (6.6%), Carbohydrates: 20.74g (6.91%), Net Carbohydrates: 19.7g (7.16%), Sugar: 18.47g (20.52%), Cholesterol: 0.09mg (0.03%), Sodium: 189.44mg (8.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.41g (14.81%), Vitamin B12: 2.59µg (43.23%), Vitamin E: 5.99mg (39.96%), Vitamin B3: 7.79mg (38.93%), Calcium: 344.1mg (34.41%), Vitamin B2: 0.47mg (27.94%), Vitamin B6: 0.55mg (27.64%), Vitamin C: 17.1mg (20.73%), Folate: 76.28µg (19.07%), Vitamin A: 949.37IU (18.99%), Vitamin D: 2.83µg (18.88%), Copper: 0.3mg (15.14%), Vitamin B1: 0.15mg (10.25%), Potassium: 354.61mg (10.13%), Selenium: 5.83µg (8.33%), Iron: 1.19mg (6.59%), Fiber: 1.04g (4.16%), Zinc: 0.62mg (4.11%), Manganese: 0.05mg (2.75%), Phosphorus: 13.9mg (1.39%)