



Caramel-Swirl Hot Chocolate

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



420 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 tablespoons mrs richardson's butterscotch caramel sauce prepared
- ☐ 15 ounce chocolate chopped
- ☐ 1 tablespoon powdered sugar
- ☐ 5 cups water
- ☐ 0.3 cup whipping cream chilled

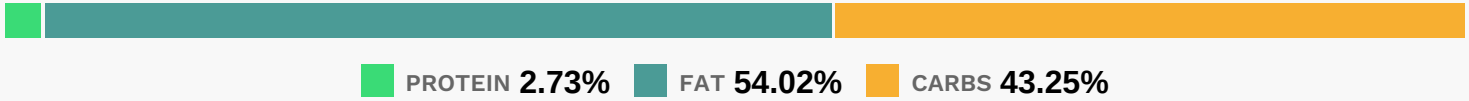
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring 5 cups water and chocolate to simmer in medium saucepan, stirring to dissolve chocolate.
- ☐ Mix in 1/4 cup cream. (Can be prepared 1 day ahead. Cover and refrigerate. Bring to simmer, stirring frequently, before continuing.)
- ☐ Whip 1 cup cream and powdered sugar in medium bowl until peaks form.
- ☐ Drizzle caramel over and swirl together, forming streaks (do not overmix).
- ☐ Divide hot chocolate among 6 mugs. Top with generous amount of caramel whipped cream and serve.

Nutrition Facts



Properties

Glycemic Index:7.1, Glycemic Load:16.58, Inflammation Score:-4, Nutrition Score:6.4447826121164%

Nutrients (% of daily need)

Calories: 419.83kcal (20.99%), Fat: 27.82g (42.8%), Saturated Fat: 16.51g (103.2%), Carbohydrates: 50.12g (16.71%), Net Carbohydrates: 46.22g (16.81%), Sugar: 43.78g (48.64%), Cholesterol: 11.21mg (3.74%), Sodium: 58mg (2.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 46.78mg (15.59%), Protein: 3.17g (6.33%), Copper: 0.44mg (21.98%), Magnesium: 83.25mg (20.81%), Manganese: 0.36mg (17.76%), Fiber: 3.9g (15.59%), Phosphorus: 113.84mg (11.38%), Vitamin B2: 0.19mg (11.12%), Iron: 1.97mg (10.93%), Zinc: 1.11mg (7.38%), Potassium: 221.58mg (6.33%), Vitamin K: 4.78µg (4.55%), Selenium: 2.42µg (3.46%), Calcium: 34.38mg (3.44%), Vitamin A: 154.77IU (3.1%), Vitamin B3: 0.48mg (2.41%), Vitamin E: 0.28mg (1.87%), Vitamin B6: 0.03mg (1.7%), Vitamin B1: 0.02mg (1.08%), Vitamin D: 0.16µg (1.06%)