

Chilled Hot Chocolate

 **Gluten Free**  **Low Fod Map**

READY IN



5 min.

SERVINGS



4

CALORIES



369 kcal

BEVERAGE

DRINK

Ingredients

- 1.5 cups half and half
- 4 ounce cocoa mix hot instant
- 2 cups whipped cream
- 1.5 cups water

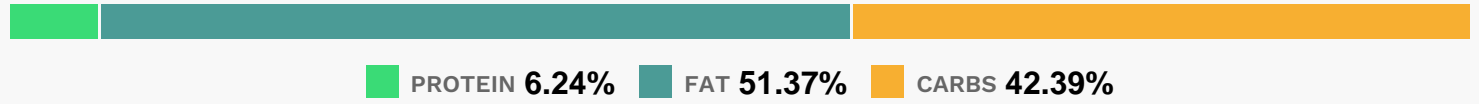
Equipment

- blender

Directions

- In a blender, combine water and cocoa mix; cover and process until dissolved.
- Add ice cream and cream; cover and process for 30 seconds or until smooth.
- Pour into chilled mugs.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:9.22, Inflammation Score:-4, Nutrition Score:5.8156521709069%

Nutrients (% of daily need)

Calories: 368.9kcal (18.45%), Fat: 21.95g (33.77%), Saturated Fat: 13.7g (85.6%), Carbohydrates: 40.74g (13.58%), Net Carbohydrates: 39.14g (14.23%), Sugar: 34.75g (38.61%), Cholesterol: 60.8mg (20.27%), Sodium: 353.56mg (15.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6g (12%), Calcium: 212.59mg (21.26%), Vitamin B2: 0.33mg (19.67%), Phosphorus: 155.51mg (15.55%), Vitamin A: 602.23IU (12.04%), Potassium: 251.13mg (7.18%), Vitamin B12: 0.43µg (7.16%), Vitamin B5: 0.65mg (6.46%), Fiber: 1.6g (6.38%), Selenium: 4.09µg (5.85%), Zinc: 0.82mg (5.45%), Magnesium: 19.2mg (4.8%), Vitamin B6: 0.08mg (3.85%), Vitamin B1: 0.05mg (3.62%), Iron: 0.62mg (3.42%), Vitamin E: 0.42mg (2.83%), Copper: 0.04mg (1.88%), Folate: 6.02µg (1.51%), Vitamin C: 1.21mg (1.47%), Vitamin K: 1.38µg (1.31%)