



Chocolate con Arequipe (Dulce de Leche Hot Chocolate)

 Gluten Free  Popular

READY IN



45 min.

SERVINGS



4

CALORIES



461 kcal

SIDE DISH

Ingredients

- 4 oz chocolate dark finely chopped
- 0.5 teaspoon ground cinnamon
- 4 cups milk
- 4 oz milk chocolate chips
- 1 pinch salt
- 1 teaspoon vanilla

Equipment

whisk

Directions

Warm 2 cups of milk with the chocolate, dulce de leche, and salt, stirring until the chocolate is melted. Be careful not to let the mixture boil. Vigorously whisk in the remaining two cups of milk. Make sure to warm the cocoa completely through. Turn off the heat and add the vanilla and cinnamon. Top with whipped cream and more dulce de leche.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:6.62, Inflammation Score:-5, Nutrition Score:14.163913074152%

Nutrients (% of daily need)

Calories: 461.18kcal (23.06%), Fat: 28g (43.07%), Saturated Fat: 16.55g (103.41%), Carbohydrates: 42.96g (14.32%), Net Carbohydrates: 39.74g (14.45%), Sugar: 34.87g (38.74%), Cholesterol: 30.13mg (10.04%), Sodium: 108.19mg (4.7%), Alcohol: 0.34g (100%), Alcohol %: 0.14% (100%), Caffeine: 22.68mg (7.56%), Protein: 10.22g (20.44%), Calcium: 343.69mg (34.37%), Phosphorus: 333.98mg (33.4%), Manganese: 0.61mg (30.4%), Copper: 0.5mg (25.23%), Magnesium: 94.19mg (23.55%), Vitamin B12: 1.4µg (23.28%), Vitamin B2: 0.36mg (21.17%), Iron: 3.4mg (18.86%), Potassium: 652.26mg (18.64%), Vitamin D: 2.68µg (17.89%), Zinc: 1.94mg (12.96%), Fiber: 3.22g (12.89%), Vitamin B5: 1.03mg (10.3%), Vitamin B1: 0.15mg (9.76%), Selenium: 6.57µg (9.39%), Vitamin A: 407.07IU (8.14%), Vitamin B6: 0.16mg (8.01%), Vitamin B3: 0.56mg (2.81%), Vitamin K: 2.88µg (2.74%), Vitamin E: 0.3mg (1.97%)