



Chocolate Egg Cream

 Vegetarian

READY IN



10 min.

SERVINGS



1

CALORIES



181 kcal

SIDE DISH

Ingredients

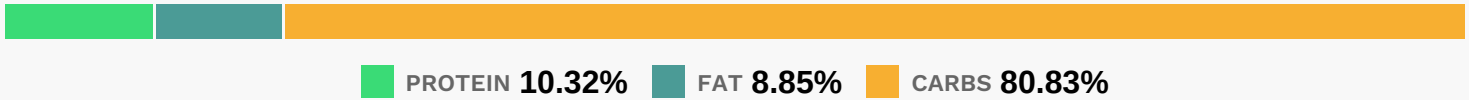
- ☐ 1 tablespoon cocoa powder
- ☐ 0.5 cup lowfat milk very cold
- ☐ 1 pretzel rod
- ☐ 1.5 cups seltzer water not club soda
- ☐ 2.5 tablespoons sugar
- ☐ 1 tablespoon water boiling

Equipment

Directions

- ☐ In a small cup, mix together the cocoa powder and sugar.
- ☐ Add the water and stir well until a paste is formed. Set aside.
- ☐ Put the milk into a tall fountain glass. Slowly add the seltzer water. Stir gently.
- ☐ Drizzle the chocolate syrup in slowly, being careful to disturb the foam as little as possible. Stir gently with a tall spoon. Your drink should be 2-toned, chocolate-brown on the bottom with a white foam on top.
- ☐ Serve with a pretzel rod.

Nutrition Facts



Properties

Glycemic Index:153.09, Glycemic Load:21.58, Inflammation Score:-4, Nutrition Score:6.5747825891265%

Flavonoids

Catechin: 3.24mg, Catechin: 3.24mg, Catechin: 3.24mg, Catechin: 3.24mg Epicatechin: 9.82mg, Epicatechin: 9.82mg, Epicatechin: 9.82mg, Epicatechin: 9.82mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 181.48kcal (9.07%), Fat: 1.93g (2.97%), Saturated Fat: 1.08g (6.74%), Carbohydrates: 39.7g (13.23%), Net Carbohydrates: 37.82g (13.75%), Sugar: 35.9g (39.89%), Cholesterol: 5.9mg (1.97%), Sodium: 135.05mg (5.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 11.5mg (3.83%), Protein: 5.07g (10.14%), Calcium: 173.84mg (17.38%), Phosphorus: 159.52mg (15.95%), Vitamin B12: 0.72µg (12%), Vitamin B2: 0.19mg (10.96%), Copper: 0.22mg (10.9%), Magnesium: 43.1mg (10.77%), Manganese: 0.21mg (10.47%), Vitamin D: 1.3µg (8.65%), Zinc: 1.22mg (8.12%), Potassium: 273.55mg (7.82%), Fiber: 1.88g (7.54%), Vitamin B1: 0.08mg (5.03%), Selenium: 3.42µg (4.88%), Vitamin A: 231.28IU (4.63%), Vitamin B5: 0.44mg (4.42%), Iron: 0.79mg (4.4%), Vitamin B6: 0.08mg (3.87%), Vitamin B3: 0.29mg (1.48%), Folate: 5.77µg (1.44%)