

Chocolate Fizz



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



638 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup cocoa powder sweetened instant (not)
- ☐ 4 ounces chocolate dark chopped
- ☐ 1.5 cups half and half cold
- ☐ 0.5 cup milk whole

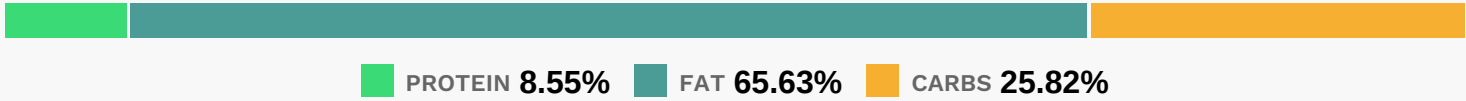
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ In a blender, combine 4 ounces dark chocolate, chopped, and 1/4 cup sweetened cocoa (not instant). In a 1- to 2-quart pan over medium-high heat, bring 1/2 cup whole milk to a boil; pour milk over chocolate mixture and whirl until melted and smooth.
- ☐ Pour in 1 1/2 cups cold half-and-half and whirl to blend.
- ☐ Place 1 cup ice cubes in a cocktail shaker and add half of the chocolate mixture. Shake until cold and strain into a 16-ounce glass with a few ice cubes in it.
- ☐ Fill glass with club soda and stir.
- ☐ Garnish with whipped cream and/or shaved chocolate.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:5.65, Inflammation Score:-8, Nutrition Score:23.737391046856%

Flavonoids

Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 637.94kcal (31.9%), Fat: 48.47g (74.57%), Saturated Fat: 28.65g (179.04%), Carbohydrates: 42.9g (14.3%), Net Carbohydrates: 32.74g (11.91%), Sugar: 24.22g (26.91%), Cholesterol: 72.55mg (24.18%), Sodium: 147.49mg (6.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 70.08mg (23.36%), Protein: 14.21g (28.41%), Manganese: 1.52mg (76.06%), Copper: 1.43mg (71.28%), Magnesium: 208.39mg (52.1%), Phosphorus: 487.57mg (48.76%), Iron: 8.33mg (46.29%), Fiber: 10.16g (40.63%), Calcium: 324.39mg (32.44%), Vitamin B2: 0.51mg (29.79%), Potassium: 899.88mg (25.71%), Zinc: 3.57mg (23.78%), Selenium: 12.36µg (17.66%), Vitamin A: 763.44IU (15.27%), Vitamin B12: 0.83µg (13.88%), Vitamin B5: 1.02mg (10.16%), Vitamin B6: 0.16mg (8.11%), Vitamin B1: 0.12mg (7.75%), Vitamin K: 6.95µg (6.62%), Vitamin E: 0.83mg (5.53%), Vitamin B3: 1.09mg (5.47%), Vitamin D: 0.67µg (4.47%), Folate: 8.89µg (2.22%), Vitamin C: 1.63mg (1.98%)