



Chocolate Lover's Hot Chocolate



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



3

CALORIES



49 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 teaspoon brown sugar
- ☐ 0.5 teaspoon honey
- ☐ 0.5 teaspoon maple syrup
- ☐ 0.5 cup milk
- ☐ 3.5 tablespoons cocoa powder unsweetened
- ☐ 0.5 teaspoon vanilla extract

Equipment

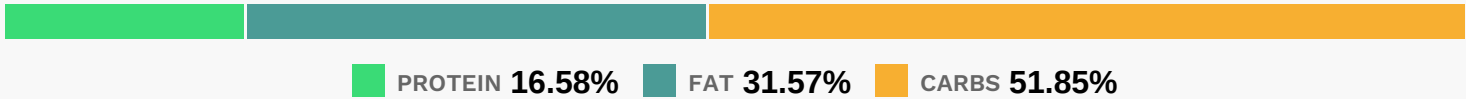
- ☐ sauce pan

☐ ladle

Directions

- ☐ Heat 2 1/2 cups milk in a saucepan over medium heat until steaming, about 5 minutes. Stir in brown sugar, maple syrup, honey, and vanilla extract. Bring to boil and stir in cocoa powder.
- ☐ Remove from heat and add the remaining 1/2 cup milk. Return saucepan over heat and simmer until heated through, about 2 minutes more. Ladle into cups to serve.

Nutrition Facts



Properties

Glycemic Index:42.26, Glycemic Load:1.51, Inflammation Score:-2, Nutrition Score:3.9404348197353%

Flavonoids

Catechin: 3.78mg, Catechin: 3.78mg, Catechin: 3.78mg, Catechin: 3.78mg Epicatechin: 11.46mg, Epicatechin: 11.46mg, Epicatechin: 11.46mg, Epicatechin: 11.46mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 48.85kcal (2.44%), Fat: 2.1g (3.23%), Saturated Fat: 1.23g (7.67%), Carbohydrates: 7.76g (2.59%), Net Carbohydrates: 5.6g (2.04%), Sugar: 4.45g (4.94%), Cholesterol: 4.88mg (1.63%), Sodium: 17.08mg (0.74%), Alcohol: 0.23g (100%), Alcohol %: 0.58% (100%), Caffeine: 13.42mg (4.47%), Protein: 2.48g (4.96%), Manganese: 0.26mg (12.76%), Copper: 0.22mg (11.14%), Fiber: 2.16g (8.64%), Magnesium: 34.4mg (8.6%), Phosphorus: 84mg (8.4%), Calcium: 59.46mg (5.95%), Vitamin B2: 0.09mg (5.06%), Iron: 0.82mg (4.57%), Potassium: 154.77mg (4.42%), Zinc: 0.58mg (3.84%), Vitamin B12: 0.22µg (3.66%), Vitamin D: 0.45µg (2.98%), Selenium: 1.62µg (2.32%), Vitamin B1: 0.03mg (1.88%), Vitamin B5: 0.17mg (1.68%), Vitamin B6: 0.03mg (1.62%), Vitamin A: 65.88IU (1.32%)