

Chocolate Milk from Scratch



Vegetarian



Gluten Free

READY IN



3 min.

SERVINGS



1

CALORIES



161 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.5 teaspoons dutch-processed cocoa powder
- ☐ 0.8 teaspoons granulated sugar (or)
- ☐ 1 cup milk cold

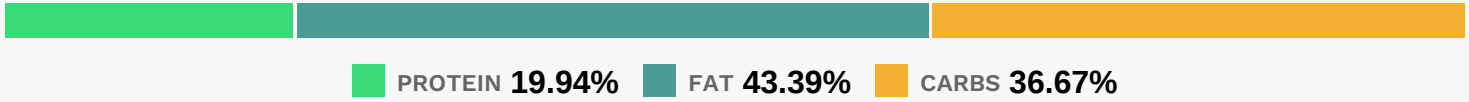
Equipment

- ☐ microwave

Directions

- ☐ In a microwave–safe container, heat 1/4 cup of the milk until steaming, about 15 seconds.
- ☐ Add the cocoa powder and honey (or sugar) to the hot milk, and stir vigorously until all the lumps are gone.
- ☐ Transfer the cocoa mix into your glass of choice, and fill with the remaining cold milk. Enjoy!

Nutrition Facts



Properties

Glycemic Index:108.09, Glycemic Load:6.42, Inflammation Score:-4, Nutrition Score:8.569130257096%

Flavonoids

Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg Epicatechin: 2.95mg, Epicatechin: 2.95mg, Epicatechin: 2.95mg, Epicatechin: 2.95mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 161.37kcal (8.07%), Fat: 8.02g (12.34%), Saturated Fat: 4.66g (29.12%), Carbohydrates: 15.25g (5.08%), Net Carbohydrates: 14.7g (5.34%), Sugar: 14.76g (16.4%), Cholesterol: 29.28mg (9.76%), Sodium: 93.07mg (4.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.45mg (1.15%), Protein: 8.3g (16.59%), Calcium: 302.07mg (30.21%), Phosphorus: 257.45mg (25.75%), Vitamin B12: 1.32µg (21.96%), Vitamin B2: 0.34mg (20.05%), Vitamin D: 2.68µg (17.89%), Potassium: 388.86mg (11.11%), Magnesium: 36.76mg (9.19%), Vitamin B1: 0.14mg (9.19%), Vitamin B5: 0.91mg (9.14%), Vitamin A: 395.28IU (7.91%), Vitamin B6: 0.15mg (7.53%), Zinc: 1.1mg (7.35%), Selenium: 4.87µg (6.96%), Manganese: 0.07mg (3.37%), Copper: 0.06mg (2.98%), Fiber: 0.56g (2.22%), Vitamin B3: 0.29mg (1.44%), Iron: 0.21mg (1.17%)