



Chocolate Phosphate Soda

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



1

CALORIES



1056 kcal

BEVERAGE

DRINK

Ingredients

- 3 tablespoons chocolate syrup homemade
- 0.8 teaspoon citric acid (see note above)
- 1.8 ounces cocoa powder
- 1 serving ice cubes
- 1 pinch salt
- 7 ounces sugar
- 1 cup water

Equipment

sauce pan

spatula

Directions

Combine cocoa, sugar, water, and salt in a small saucepan and bring to a boil over medium-high heat, stirring frequently. Keep your eye on the syrup as it approaches boiling because it's prone to boil over. Immediately reduce the heat to low and keep the syrup at a steady simmer until it reduces enough to coat the back of a spatula, about 10 minutes.

Remove from heat, cool to room temperature, and store in the refrigerator.

Place seltzer, acid phosphate, and chocolate syrup in a highball or other tall glass. Stir to combine. Top each glass with ice to fill and serve immediately.

Nutrition Facts



PROTEIN 3.73% **FAT 6.19%** **CARBS 90.08%**

Properties

Glycemic Index:70.09, Glycemic Load:138.54, Inflammation Score:-8, Nutrition Score:23.728261095026%

Flavonoids

Catechin: 32.16mg, Catechin: 32.16mg, Catechin: 32.16mg, Catechin: 32.16mg Epicatechin: 97.45mg, Epicatechin: 97.45mg, Epicatechin: 97.45mg, Epicatechin: 97.45mg Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg

Nutrients (% of daily need)

Calories: 1055.78kcal (52.79%), Fat: 8.11g (12.48%), Saturated Fat: 4.32g (26.97%), Carbohydrates: 265.44g (88.48%), Net Carbohydrates: 245.52g (89.28%), Sugar: 228.71g (254.12%), Cholesterol: 0mg (0%), Sodium: 108.99mg (4.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 117.71mg (39.24%), Protein: 10.98g (21.97%), Copper: 2.25mg (112.41%), Manganese: 2.14mg (107.04%), Fiber: 19.92g (79.67%), Magnesium: 289.49mg (72.37%), Iron: 8.26mg (45.9%), Phosphorus: 441.55mg (44.15%), Zinc: 3.87mg (25.77%), Potassium: 892.47mg (25.5%), Selenium: 9.13µg (13.04%), Vitamin B2: 0.19mg (11.02%), Calcium: 82.69mg (8.27%), Vitamin B3: 1.27mg (6.37%), Folate: 17.08µg (4.27%), Vitamin B6: 0.06mg (3.11%), Vitamin B1: 0.04mg (2.94%), Vitamin K: 1.54µg (1.47%), Vitamin B5: 0.13mg (1.34%)