



Chocolate Soda



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



548 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cups chocolate syrup
- ☐ 0.5 cup cocoa powder
- ☐ 2 cups seltzer
- ☐ 0.5 cup sugar
- ☐ 3 vanilla bean seeds scraped from 1/ bean
- ☐ 2 cups water

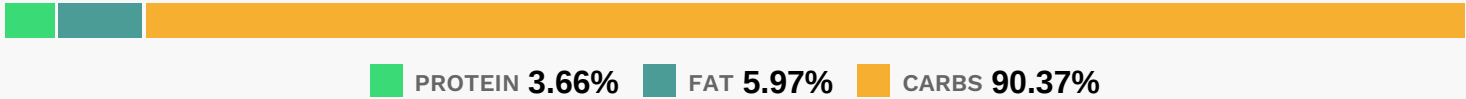
Equipment

- ☐ sauce pan

Directions

- ☐ Make the chocolate syrup
- ☐ In a medium saucepan, mix water, sugar, cocoa powder, and vanilla and bring to a boil.
- ☐ Take off heat, strain, and let cool.
- ☐ Make the soda
- ☐ Add Chocolate Syrup to seltzer and stir. Divide among tall glasses.
- ☐ Reprinted with permission from Mast Brothers Chocolate: A Family Cookbook by Rick Mast & Michael Mast. Copyright © 2013 by Rick Mast and Michael Mast; photographs © 2013 by Tuukka Koski. Published by Little, Brown and Company.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:17.45, Inflammation Score:-6, Nutrition Score:12.434347945711%

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: 548.07kcal (27.4%), Fat: 3.81g (5.86%), Saturated Fat: 1.65g (10.29%), Carbohydrates: 129.71g (43.24%), Net Carbohydrates: 121.83g (44.3%), Sugar: 99.61g (110.68%), Cholesterol: 0mg (0%), Sodium: 141.26mg (6.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 33.72mg (11.24%), Protein: 5.26g (10.51%), Copper: 1.2mg (60.16%), Manganese: 0.99mg (49.38%), Magnesium: 153.51mg (38.38%), Fiber: 7.88g (31.51%), Phosphorus: 272.4mg (27.24%), Iron: 4.68mg (26.02%), Potassium: 502.27mg (14.35%), Zinc: 1.96mg (13.06%), Vitamin B2: 0.11mg (6.22%), Selenium: 3.79µg (5.41%), Calcium: 44.47mg (4.45%), Vitamin B3: 0.72mg (3.59%), Folate: 6.44µg (1.61%), Vitamin B1: 0.02mg (1.46%), Vitamin B6: 0.02mg (1.08%)