



Chocolate Soup I

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



1

CALORIES



670 kcal

DESSERT

Ingredients

- 0.3 teaspoon ground cinnamon
- 0.5 cup heavy whipping cream
- 1 cup milk
- 2 tablespoons cocoa powder unsweetened
- 0.3 teaspoon vanilla extract
- 2 tablespoons sugar white

Equipment

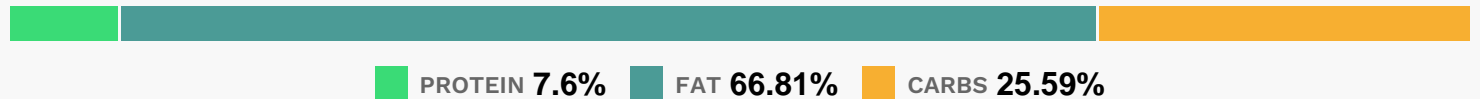
- bowl

sauce pan

Directions

- Heat all but 2 tablespoons of the milk and the cream in a saucepan. Do not allow it to boil.
- In a soup bowl mix the cocoa, sugar, vanilla, cinnamon and the reserved milk and cream.
- Pour the cocoa mixture into the hot milk and cream blending well. Return mixture to bowl and garnish with mini marshmallows or graham cracker bears.

Nutrition Facts



Properties

Glycemic Index:113.09, Glycemic Load:21.09, Inflammation Score:-9, Nutrition Score:17.413043276123%

Flavonoids

Catechin: 6.48mg, Catechin: 6.48mg, Catechin: 6.48mg, Catechin: 6.48mg Epicatechin: 19.64mg, Epicatechin: 19.64mg, Epicatechin: 19.64mg, Epicatechin: 19.64mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 670.32kcal (33.52%), Fat: 52.22g (80.34%), Saturated Fat: 32.72g (204.48%), Carbohydrates: 45g (15%), Net Carbohydrates: 41.03g (14.92%), Sugar: 39.48g (43.86%), Cholesterol: 163.75mg (54.58%), Sodium: 127.33mg (5.54%), Alcohol: 0.34g (100%), Alcohol %: 0.11% (100%), Caffeine: 23mg (7.67%), Protein: 13.36g (26.73%), Vitamin A: 2146.05IU (42.92%), Calcium: 396.82mg (39.68%), Phosphorus: 389.24mg (38.92%), Vitamin B2: 0.59mg (34.72%), Vitamin D: 4.59µg (30.59%), Vitamin B12: 1.51µg (25.13%), Manganese: 0.49mg (24.26%), Magnesium: 87.93mg (21.98%), Copper: 0.4mg (19.93%), Potassium: 635.16mg (18.15%), Fiber: 3.97g (15.86%), Selenium: 9.8µg (13.99%), Zinc: 1.98mg (13.2%), Vitamin B5: 1.24mg (12.41%), Vitamin B1: 0.17mg (11.23%), Vitamin B6: 0.2mg (10.17%), Iron: 1.56mg (8.69%), Vitamin E: 1.24mg (8.26%), Vitamin K: 4.95µg (4.71%), Vitamin B3: 0.56mg (2.81%), Folate: 7.99µg (2%)