



Christmas Cocoa

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



220 kcal

SIDE DISH

Ingredients

- 0.5 cup sugar
- 0.3 cup cocoa powder unsweetened
- 0.3 cup water
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg
- 4 cups milk
- 0.8 cup marshmallow creme

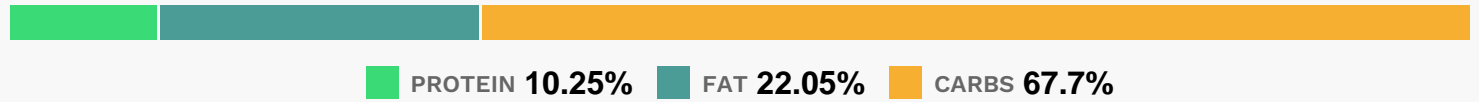
Equipment

sauce pan

Directions

- In 2-quart saucepan, heat sugar, cocoa, water, cinnamon and nutmeg over low heat, stirring constantly, until mixture is smooth.
- Heat to boiling; reduce heat. Simmer 4 minutes, stirring constantly.
- Stir in milk.
- Heat over low heat.
- Pour cocoa into 6 mugs. Top each with 2 tablespoons marshmallow creme.

Nutrition Facts



Properties

Glycemic Index:30.52, Glycemic Load:14.54, Inflammation Score:-3, Nutrition Score:6.9547826314912%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 219.68kcal (10.98%), Fat: 5.78g (8.9%), Saturated Fat: 3.34g (20.86%), Carbohydrates: 39.94g (13.31%), Net Carbohydrates: 38.51g (14%), Sugar: 34.31g (38.12%), Cholesterol: 19.52mg (6.51%), Sodium: 63.42mg (2.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.24mg (2.75%), Protein: 6.05g (12.1%), Calcium: 207.05mg (20.71%), Phosphorus: 190.88mg (19.09%), Vitamin B12: 0.88µg (14.64%), Vitamin B2: 0.24mg (13.91%), Vitamin D: 1.79µg (11.93%), Magnesium: 37.78mg (9.45%), Manganese: 0.18mg (8.81%), Potassium: 299.81mg (8.57%), Copper: 0.14mg (7.11%), Vitamin B1: 0.09mg (6.28%), Vitamin B5: 0.62mg (6.16%), Zinc: 0.92mg (6.13%), Fiber: 1.43g (5.73%), Selenium: 3.71µg (5.3%), Vitamin A: 264.1IU (5.28%), Vitamin B6: 0.1mg (5.19%), Iron: 0.52mg (2.9%), Vitamin B3: 0.25mg (1.26%)