



Christmas Eve Hot Chocolate



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



299 kcal

BEVERAGE

DRINK

Ingredients

- 3 ounces rum / brandy / coffee liqueur
- 3 ounces creme de cacao liqueur dark
- 8 ounces chocolate dark chopped
- 2 ounces grappa
- 12 ounces strong coffee decoction black
- 0.3 cup sugar
- 8 servings whipped cream

Equipment

sauce pan

Directions

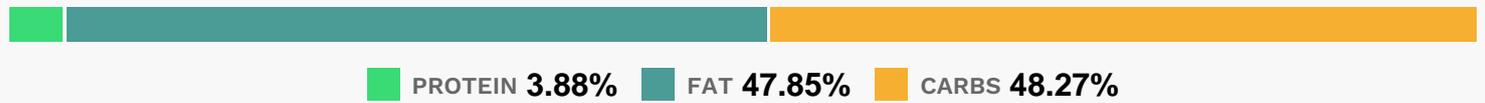
Combine coffee, chopped dark chocolate, and sugar in a saucepan over medium heat. Cook, stirring constantly, until chocolate has melted. Stir in coffee liqueur, dark crme de cacao, and grappa or brandy.

Serve in tiny espresso cups topped with a dollop of whipped cream.

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by Nick Mautone with Marah Stets.

Nutrition Facts



Properties

Glycemic Index:20.39, Glycemic Load:7.06, Inflammation Score:-4, Nutrition Score:6.3413043423839%

Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Myricetin: 0.02mg,
Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin:
0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 299.16kcal (14.96%), Fat: 13.48g (20.74%), Saturated Fat: 7.78g (48.65%), Carbohydrates: 30.6g (10.2%),
Net Carbohydrates: 27.51g (10%), Sugar: 21.52g (23.92%), Cholesterol: 5.41mg (1.8%), Sodium: 7.98mg (0.35%),
Alcohol: 6.69g (100%), Alcohol %: 7.61% (100%), Caffeine: 39.69mg (13.23%), Protein: 2.46g (4.92%), Manganese:
0.56mg (28.18%), Copper: 0.5mg (25.2%), Iron: 3.39mg (18.82%), Magnesium: 66.57mg (16.64%), Fiber: 3.09g
(12.36%), Phosphorus: 94.22mg (9.42%), Potassium: 232.62mg (6.65%), Zinc: 0.97mg (6.48%), Vitamin B2: 0.06mg
(3.52%), Selenium: 2.05µg (2.93%), Calcium: 27.67mg (2.77%), Vitamin B5: 0.24mg (2.45%), Vitamin K: 2.23µg
(2.12%), Vitamin B3: 0.39mg (1.93%), Vitamin B12: 0.1µg (1.61%), Vitamin E: 0.21mg (1.4%), Vitamin B1: 0.02mg (1.22%),
Vitamin A: 52.16IU (1.04%)