



Cinnamon Cream Hot Cocoa

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



151 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 6 inch cinnamon
- ☐ 0.3 cup marshmallow creme
- ☐ 3 cups skim milk
- ☐ 3 tablespoons sugar
- ☐ 0.3 cup cocoa unsweetened
- ☐ 1.5 teaspoons vanilla extract

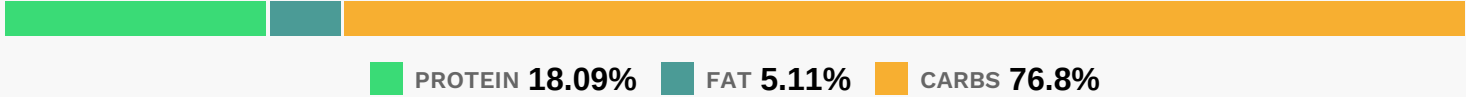
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place milk and 2 cinnamon sticks in a medium saucepan. Bring to a boil over medium heat, stirring occasionally.
- ☐ Remove from heat, and let cool 10 minutes.
- ☐ Remove and discard cinnamon sticks.
- ☐ Combine cocoa and sugar; stir well.
- ☐ Add to milk mixture, and stir well. Stir in marshmallow cream. Cook over medium heat, stirring constantly with a wire whisk, until thoroughly heated.
- ☐ Remove from heat; stir in flavorings.
- ☐ Pour into individual mugs.
- ☐ Garnish with cinnamon sticks, if desired.

Nutrition Facts



Properties

Glycemic Index:27.09, Glycemic Load:9.29, Inflammation Score:-5, Nutrition Score:9.4408694884699%

Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 150.72kcal (7.54%), Fat: 0.93g (1.43%), Saturated Fat: 0.53g (3.31%), Carbohydrates: 31.49g (10.5%), Net Carbohydrates: 28.7g (10.44%), Sugar: 25.12g (27.91%), Cholesterol: 5.51mg (1.84%), Sodium: 76.86mg (3.34%), Alcohol: 0.6g (100%), Alcohol %: 0.36% (100%), Caffeine: 12.36mg (4.12%), Protein: 7.42g (14.83%), Calcium: 264.74mg (26.47%), Manganese: 0.48mg (23.91%), Phosphorus: 237.13mg (23.71%), Vitamin B12: 1.07µg (17.76%), Vitamin B2: 0.26mg (15.16%), Vitamin D: 2.02µg (13.48%), Magnesium: 49.98mg (12.5%), Potassium: 397.8mg (11.37%), Fiber: 2.79g (11.14%), Copper: 0.21mg (10.72%), Zinc: 1.22mg (8.15%), Vitamin A: 379.27IU (7.59%), Vitamin B1: 0.11mg (7.17%), Vitamin B5: 0.68mg (6.76%), Selenium: 4.54µg (6.49%), Vitamin B6: 0.12mg (5.79%), Iron: 0.88mg

(4.88%), Vitamin B3: 0.36mg (1.81%), Folate: 5.49µg (1.37%)