



Cinnamon Hot Chocolate



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



5

CALORIES



149 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 cups soymilk light
- ☐ 2 oz baker's chocolate chopped
- ☐ 2 teaspoons vanilla
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 serving cool whip fat-free frozen thawed

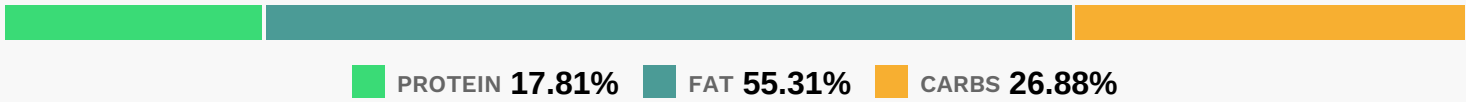
Equipment

- ☐ sauce pan

Directions

- ☐ In 2-quart saucepan, heat soymilk, chocolate, vanilla and cinnamon over low heat, stirring constantly, until chocolate is melted and mixture is smooth.
- ☐ Heat to boiling over medium-high heat, stirring constantly; reduce heat to low. Simmer 4 minutes, stirring frequently, to blend flavors.
- ☐ Garnish each serving with whipped topping.

Nutrition Facts



Properties

Glycemic Index:7.68, Glycemic Load:1.93, Inflammation Score:-7, Nutrition Score:16.178260816828%

Flavonoids

Catechin: 7.29mg, Catechin: 7.29mg, Catechin: 7.29mg, Catechin: 7.29mg Epicatechin: 16.08mg, Epicatechin: 16.08mg, Epicatechin: 16.08mg, Epicatechin: 16.08mg

Nutrients (% of daily need)

Calories: 148.71kcal (7.44%), Fat: 9.74g (14.98%), Saturated Fat: 4.08g (25.53%), Carbohydrates: 10.65g (3.55%), Net Carbohydrates: 7.79g (2.83%), Sugar: 5.23g (5.82%), Cholesterol: 0.14mg (0.05%), Sodium: 97.95mg (4.26%), Alcohol: 0.55g (100%), Alcohol %: 0.34% (100%), Caffeine: 9.07mg (3.02%), Protein: 7.06g (14.11%), Vitamin B12: 2.05µg (34.21%), Vitamin E: 4.81mg (32.09%), Vitamin B3: 6.38mg (31.92%), Copper: 0.6mg (30.08%), Calcium: 280.93mg (28.09%), Manganese: 0.55mg (27.3%), Vitamin B2: 0.39mg (23.19%), Vitamin B6: 0.45mg (22.26%), Vitamin C: 13.61mg (16.5%), Iron: 2.93mg (16.3%), Folate: 63.77µg (15.94%), Vitamin D: 2.27µg (15.1%), Vitamin A: 744.74IU (14.89%), Fiber: 2.85g (11.41%), Potassium: 365.39mg (10.44%), Zinc: 1.56mg (10.38%), Magnesium: 37.59mg (9.4%), Vitamin B1: 0.14mg (9.02%), Selenium: 5.3µg (7.57%), Phosphorus: 46.32mg (4.63%), Vitamin K: 1.23µg (1.17%)