



Ciocolata Calda (Hot Chocolate Italian-Style)



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



76 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 tablespoons cocoa powder
- ☐ 1 tablespoon cornstarch
- ☐ 2 tablespoons milk
- ☐ 1.5 tablespoons sugar white

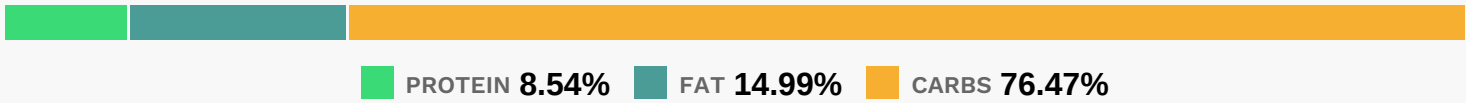
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Mix the cocoa powder and sugar together in a small saucepan. Stir the 1 1/2 cups milk into the saucepan until the sugar has dissolved.
- ☐ Place over low heat; slowly bring the mixture to a low simmer.
- ☐ Whisk 2 tablespoons of milk together with the cornstarch in a small cup; slowly whisk the cornstarch slurry into the cocoa mixture. Continue cooking, whisking continually, until the hot chocolate reaches a pudding-like thickness, 2 to 3 minutes.

Nutrition Facts



Properties

Glycemic Index:54.05, Glycemic Load:6.55, Inflammation Score:-3, Nutrition Score:3.7152174196166%

Flavonoids

Catechin: 4.86mg, Catechin: 4.86mg, Catechin: 4.86mg, Catechin: 4.86mg Epicatechin: 14.73mg, Epicatechin: 14.73mg, Epicatechin: 14.73mg, Epicatechin: 14.73mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 75.99kcal (3.8%), Fat: 1.54g (2.37%), Saturated Fat: 0.88g (5.53%), Carbohydrates: 17.66g (5.89%), Net Carbohydrates: 14.85g (5.4%), Sugar: 9.83g (10.93%), Cholesterol: 1.8mg (0.6%), Sodium: 7.72mg (0.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 17.25mg (5.75%), Protein: 1.97g (3.94%), Manganese: 0.29mg (14.54%), Copper: 0.29mg (14.35%), Fiber: 2.81g (11.24%), Magnesium: 39.35mg (9.84%), Phosphorus: 70.72mg (7.07%), Iron: 1.07mg (5.92%), Potassium: 136.8mg (3.91%), Zinc: 0.58mg (3.84%), Calcium: 28.22mg (2.82%), Vitamin B2: 0.04mg (2.38%), Selenium: 1.52µg (2.18%), Vitamin B12: 0.08µg (1.35%), Vitamin D: 0.17µg (1.1%)