



Classic Chocolate Egg Cream

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



296 kcal

SIDE DISH

Ingredients

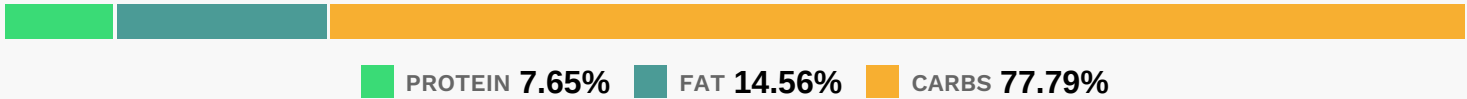
- ☐ 4 tablespoons chocolate syrup
- ☐ 1 serving seltzer water
- ☐ 0.5 cup milk whole

Equipment

Directions

- ☐ Pour the milk into a very cold 12-ounce glass. Slowly pour in the seltzer, then gently add the syrup. Using a long spoon, stir well and serve.
- ☐ Anton Nocito is the founder of P&H Soda Co., an all-natural soda syrup company located in Brooklyn, New York. Nocito is a graduate of the French Culinary Institute and was an executive sous chef within the Union Square Hospitality Group, as well as other restaurants in New York City and Long Island.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:2.16, Inflammation Score:-4, Nutrition Score:8.053043467843%

Nutrients (% of daily need)

Calories: 296.4kcal (14.82%), Fat: 4.81g (7.4%), Saturated Fat: 2.68g (16.78%), Carbohydrates: 57.78g (19.26%), Net Carbohydrates: 55.7g (20.25%), Sugar: 45.59g (50.65%), Cholesterol: 14.64mg (4.88%), Sodium: 104.17mg (4.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.8mg (1.6%), Protein: 5.68g (11.36%), Phosphorus: 226.42mg (22.64%), Copper: 0.41mg (20.54%), Magnesium: 66.65mg (16.66%), Calcium: 161.31mg (16.13%), Manganese: 0.31mg (15.52%), Vitamin B2: 0.21mg (12.26%), Vitamin B12: 0.66µg (10.98%), Potassium: 362.22mg (10.35%), Iron: 1.69mg (9.38%), Vitamin D: 1.34µg (8.95%), Fiber: 2.08g (8.32%), Zinc: 1.09mg (7.23%), Vitamin B1: 0.08mg (5.03%), Selenium: 3.44µg (4.91%), Vitamin B5: 0.47mg (4.65%), Vitamin B6: 0.08mg (3.96%), Vitamin A: 197.64IU (3.95%), Vitamin B3: 0.39mg (1.93%)