



Classic Cocoa



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



178 kcal

SIDE DISH

Ingredients

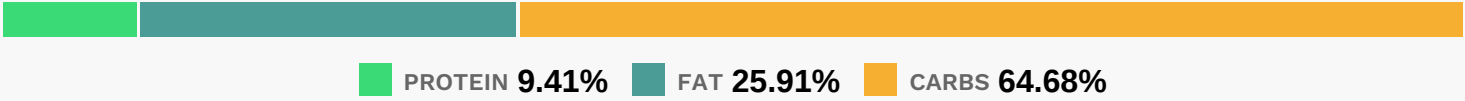
- ☐ 0.5 cup chocolate chips miniature
- ☐ 1 cup granulated sugar
- ☐ 0.5 cup marshmallows miniature
- ☐ 1 cup powdered milk
- ☐ 0.5 teaspoon salt
- ☐ 1 cup cocoa powder unsweetened

Equipment

Directions

☐ Layer sugar, cocoa powder, powdered milk, salt, chocolate chips, and marshmallows.

Nutrition Facts



Properties

Glycemic Index:14.63, Glycemic Load:14.5, Inflammation Score:-3, Nutrition Score:5.8856521987397%

Flavonoids

Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 177.69kcal (8.88%), Fat: 5.64g (8.68%), Saturated Fat: 3.45g (21.54%), Carbohydrates: 31.67g (10.56%), Net Carbohydrates: 28.81g (10.48%), Sugar: 26.75g (29.72%), Cholesterol: 11.47mg (3.82%), Sodium: 144.91mg (6.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 16.48mg (5.49%), Protein: 4.61g (9.21%), Copper: 0.28mg (14.17%), Manganese: 0.28mg (14.02%), Phosphorus: 135.54mg (13.55%), Calcium: 115.44mg (11.54%), Fiber: 2.86g (11.43%), Magnesium: 44.87mg (11.22%), Vitamin B2: 0.15mg (8.73%), Vitamin D: 1.12µg (7.47%), Potassium: 251.26mg (7.18%), Iron: 1.15mg (6.4%), Vitamin B12: 0.35µg (5.78%), Zinc: 0.85mg (5.65%), Selenium: 2.9µg (4.14%), Vitamin B5: 0.26mg (2.61%), Vitamin B1: 0.04mg (2.39%), Vitamin A: 116.43IU (2.33%), Vitamin B6: 0.04mg (2.04%), Folate: 6.26µg (1.57%), Vitamin C: 0.96mg (1.17%), Vitamin B3: 0.23mg (1.13%)