



## Cocoa Nib Hot Chocolate

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



223 kcal

BEVERAGE

DRINK

### Ingredients

- 6 ounces percent to 70-percent bittersweet chocolate finely chopped
- 1 ounce cacao nibs
- 0.3 teaspoon kosher salt
- 3 ounces sugar
- 2 ounces water
- 16 ounces milk whole

### Equipment

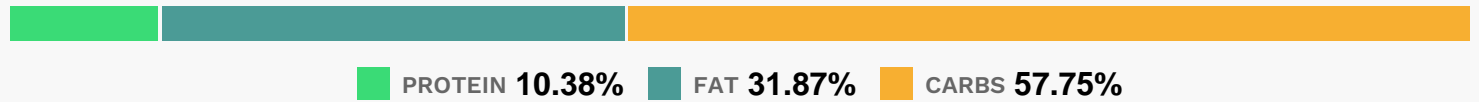
- sieve

- microwave
- measuring cup

## Directions

- Watch how to make this recipe.
- Pulse the cocoa nibs in a spice grinder 3 to 4 times until the nibs are coarsely chopped.
- Place the nibs in a 1-quart microwave-safe measuring cup and add the milk. Microwave on high for 3 to 4 minutes or until the milk reaches 160 degrees F. Steep at room temperature for 30 minutes.
- Meanwhile, combine the chocolate, sugar, water and salt in the carafe of a 1-liter French press. Set aside.
- After steeping, return the nib-milk mixture to the microwave and heat on high for 2 minutes until it simmers or reaches 185 degrees F. Strain the hot nib-milk mixture through a fine-mesh strainer into the French press carafe. Set aside for 1 minute, and then stir to combine the chocolate and milk. Pump the plunger of the French press 10 to 15 times to froth and aerate.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:27.02, Glycemic Load:16.86, Inflammation Score:-3, Nutrition Score:5.6165217491596%

## Flavonoids

Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 223.18kcal (11.16%), Fat: 8.07g (12.41%), Saturated Fat: 5.03g (31.47%), Carbohydrates: 32.91g (10.97%), Net Carbohydrates: 31.66g (11.51%), Sugar: 30.81g (34.23%), Cholesterol: 17.01mg (5.67%), Sodium: 217.43mg (9.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.91g (11.82%), Calcium: 186.56mg (18.66%), Phosphorus: 157.91mg (15.79%), Vitamin B2: 0.24mg (14.02%), Vitamin B12: 0.75µg (12.54%), Vitamin D: 1.76µg (11.72%), Magnesium: 28.99mg (7.25%), Potassium: 242.42mg (6.93%), Vitamin B5: 0.65mg (6.52%), Vitamin A: 280.23IU (5.6%), Vitamin B1: 0.08mg (5.51%), Selenium: 3.73µg (5.33%), Fiber: 1.25g (4.99%), Zinc: 0.63mg (4.23%), Vitamin

B6: 0.08mg (3.97%), Copper: 0.04mg (1.84%), Manganese: 0.03mg (1.61%)