



## Colombian-Style Hot Chocolate (Chocolate Caliente)

 Gluten Free  Popular

READY IN



45 min.

SERVINGS



4

CALORIES



345 kcal

BEVERAGE

DRINK

### Ingredients

- 5 ounces chocolate sweet chopped
- 0.3 teaspoon ground cinnamon
- 4.5 cups milk whole

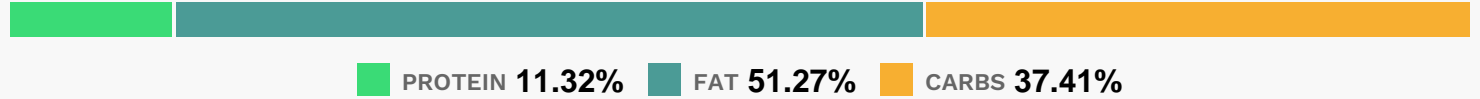
### Equipment

- sauce pan
- whisk
- blender

## Directions

- Heat the milk in a saucepan on medium heat to just below the simmering point, add the chocolate. When the chocolate is melted, add the sugar and cinnamon.
- Whisk vigorously or transfer to a blender. Reheat gently and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:21.4, Glycemic Load:13.16, Inflammation Score:-5, Nutrition Score:11.898260906096%

## Nutrients (% of daily need)

Calories: 344.67kcal (17.23%), Fat: 20.91g (32.16%), Saturated Fat: 12.22g (76.39%), Carbohydrates: 34.32g (11.44%), Net Carbohydrates: 32.31g (11.75%), Sugar: 31.45g (34.94%), Cholesterol: 32.94mg (10.98%), Sodium: 109.99mg (4.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 23.39mg (7.8%), Protein: 10.39g (20.78%), Calcium: 347.39mg (34.74%), Phosphorus: 329.42mg (32.94%), Vitamin B2: 0.46mg (27.29%), Vitamin B12: 1.48µg (24.71%), Vitamin D: 3.02µg (20.13%), Magnesium: 73.06mg (18.26%), Potassium: 515.06mg (14.72%), Zinc: 1.66mg (11.06%), Vitamin B1: 0.16mg (10.72%), Vitamin B5: 1.05mg (10.49%), Manganese: 0.21mg (10.39%), Copper: 0.21mg (10.33%), Vitamin B6: 0.18mg (9.14%), Vitamin A: 445.06IU (8.9%), Selenium: 6.21µg (8.87%), Fiber: 2.02g (8.06%), Iron: 0.99mg (5.49%), Vitamin K: 3.1µg (2.95%), Vitamin B3: 0.53mg (2.64%), Vitamin E: 0.23mg (1.55%)