



Cookies and Cream Hot Chocolate

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



326 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 tbsp cocoa powder sweetened
- ☐ 1 cup milk
- ☐ 3 oreos finely

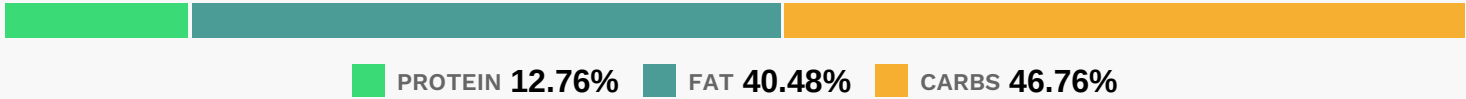
Equipment

- ☐ sauce pan

Directions

- ☐ Heat milk in small saucepan.
- ☐ Add in cocoa powder and stir until fully dissolved.
- ☐ Add in Oreos crumbs.
- ☐ Let Oreos and hot chocolate simmer on low heat until hot chocolate thickens.
- ☐ Pour into mug and drink immediately.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:4.33, Inflammation Score:-6, Nutrition Score:14.506086909253%

Flavonoids

Catechin: 3.5mg, Catechin: 3.5mg, Catechin: 3.5mg, Catechin: 3.5mg Epicatechin: 10.61mg, Epicatechin: 10.61mg, Epicatechin: 10.61mg, Epicatechin: 10.61mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 325.75kcal (16.29%), Fat: 15.42g (23.73%), Saturated Fat: 7.01g (43.8%), Carbohydrates: 40.08g (13.36%), Net Carbohydrates: 37.04g (13.47%), Sugar: 26.48g (29.43%), Cholesterol: 29.28mg (9.76%), Sodium: 233.53mg (10.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 14.22mg (4.74%), Protein: 10.94g (21.87%), Phosphorus: 319.56mg (31.96%), Calcium: 314.59mg (31.46%), Iron: 5.11mg (28.37%), Vitamin B2: 0.44mg (25.61%), Manganese: 0.46mg (23.05%), Vitamin B12: 1.32µg (21.96%), Magnesium: 73.15mg (18.29%), Vitamin D: 2.68µg (17.89%), Copper: 0.33mg (16.37%), Potassium: 532.32mg (15.21%), Vitamin B1: 0.21mg (14.12%), Fiber: 3.04g (12.17%), Zinc: 1.63mg (10.9%), Selenium: 7.28µg (10.4%), Vitamin B5: 1.03mg (10.32%), Vitamin K: 10.73µg (10.22%), Vitamin B6: 0.16mg (8.17%), Vitamin A: 396IU (7.92%), Vitamin E: 1.02mg (6.78%), Vitamin B3: 1.31mg (6.55%), Folate: 23.69µg (5.92%)