



Creamy Cocoa 3 Ways

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



200 kcal

SIDE DISH

Ingredients

- 0.5 cup cocoa powder
- 2 quarts milk
- 0.8 cup sugar
- 1 tablespoon vanilla extract
- 10 servings whipped cream

Equipment

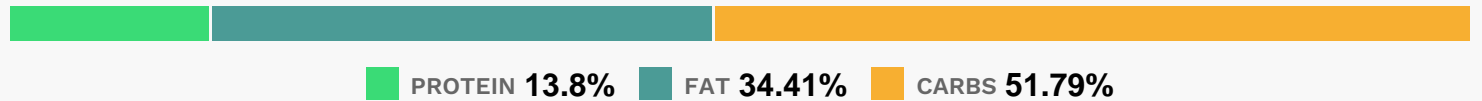
- ladle
- whisk

- hand mixer
- slow cooker

Directions

- Combine sugar and cocoa in a slow cooker; stir in milk. Cover and cook on low setting for 3 to 4 hours. At serving time, stir in vanilla.
- With a whisk or a hand mixer, carefully beat until frothy. Ladle hot cocoa into mugs.
- Garnish with marshmallows or whipped cream.
- Add one teaspoon cinnamon and 1/8 teaspoon nutmeg along with the cocoa. Cover and cook as directed.
- Mocha Cocoa: Prepare recipe as directed. At serving time, stir 3/4 teaspoon instant coffee granules into each mug of hot cocoa; stir to mix.

Nutrition Facts



Properties

Glycemic Index:16.31, Glycemic Load:14.24, Inflammation Score:-4, Nutrition Score:8.199999977713%

Flavonoids

Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 200.28kcal (10.01%), Fat: 8.03g (12.35%), Saturated Fat: 4.7g (29.36%), Carbohydrates: 27.18g (9.06%), Net Carbohydrates: 25.59g (9.31%), Sugar: 24.79g (27.55%), Cholesterol: 27.27mg (9.09%), Sodium: 73.57mg (3.2%), Alcohol: 0.45g (100%), Alcohol %: 0.26% (100%), Caffeine: 9.89mg (3.3%), Protein: 7.24g (14.49%), Calcium: 244.66mg (24.47%), Phosphorus: 228.14mg (22.81%), Vitamin B12: 1.04µg (17.32%), Vitamin B2: 0.28mg (16.44%), Vitamin D: 2.11µg (14.04%), Magnesium: 44.99mg (11.25%), Potassium: 360.31mg (10.29%), Manganese: 0.18mg (8.81%), Copper: 0.17mg (8.37%), Vitamin B1: 0.11mg (7.45%), Vitamin B5: 0.74mg (7.36%), Zinc: 1.09mg (7.29%), Vitamin A: 347.72IU (6.95%), Fiber: 1.59g (6.36%), Selenium: 4.39µg (6.26%), Vitamin B6: 0.12mg (6.17%), Iron: 0.61mg (3.39%), Vitamin B3: 0.3mg (1.51%)