

Creamy Hot Chocolate

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



347 kcal

BEVERAGE

DRINK

Ingredients

- 14 ounce condensed milk sweetened canned
- 0.1 teaspoon salt
- 0.5 cup cocoa powder unsweetened
- 1.5 teaspoons vanilla extract
- 6.5 cups water hot

Equipment

- sauce pan

Directions

- In large saucepan over medium heat, combine sweetened condensed milk, cocoa, vanilla and salt; mix well. Slowly stir in water.
- Heat through, stirring occasionally. Do not boil. Top with marshmallows, (optional). Store covered in refrigerator.

Nutrition Facts

PROTEIN 10.7% **FAT 24.43%** **CARBS 64.87%**

Properties

Glycemic Index:15.25, Glycemic Load:32.93, Inflammation Score:-5, Nutrition Score:11.8756521707%

Flavonoids

Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 347.34kcal (17.37%), Fat: 10.11g (15.55%), Saturated Fat: 6.32g (39.47%), Carbohydrates: 60.39g (20.13%), Net Carbohydrates: 56.41g (20.51%), Sugar: 54.36g (60.39%), Cholesterol: 33.74mg (11.25%), Sodium: 220.3mg (9.58%), Alcohol: 0.52g (100%), Alcohol %: 0.13% (100%), Caffeine: 24.73mg (8.24%), Protein: 9.96g (19.91%), Phosphorus: 330.03mg (33%), Calcium: 307.3mg (30.73%), Vitamin B2: 0.44mg (25.89%), Copper: 0.49mg (24.25%), Selenium: 16.22µg (23.17%), Manganese: 0.42mg (21.1%), Magnesium: 83.47mg (20.87%), Fiber: 3.98g (15.91%), Potassium: 533.75mg (15.25%), Zinc: 1.71mg (11.37%), Iron: 1.69mg (9.36%), Vitamin B5: 0.77mg (7.72%), Vitamin B12: 0.44µg (7.28%), Vitamin B1: 0.1mg (6.52%), Vitamin A: 264.93IU (5.3%), Folate: 14.35µg (3.59%), Vitamin B6: 0.06mg (3.18%), Vitamin C: 2.58mg (3.13%), Vitamin B3: 0.45mg (2.25%), Vitamin D: 0.2µg (1.32%), Vitamin E: 0.17mg (1.13%)