

Creamy Hot Cocoa



Vegetarian



Gluten Free



Popular

READY IN



7 min.

SERVINGS



4

CALORIES



331 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup half-and-half cream
- ☐ 3.5 cups milk
- ☐ 1 pinch salt
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 0.8 teaspoon vanilla extract
- ☐ 0.3 cup water boiling
- ☐ 0.8 cup sugar white

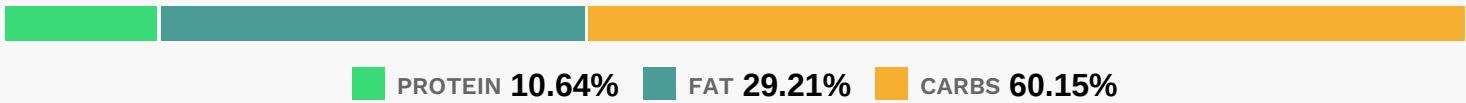
Equipment

☐ sauce pan

Directions

- ☐ Combine the cocoa, sugar and pinch of salt in a saucepan. Blend in the boiling water. Bring this mixture to an easy boil while you stir. Simmer and stir for about 2 minutes. Watch that it doesn't scorch. Stir in 3 1/2 cups of milk and heat until very hot, but do not boil!
- ☐ Remove from heat and add vanilla. Divide between 4 mugs.
- ☐ Add the cream to the mugs of cocoa to cool it to drinking temperature.

Nutrition Facts



Properties

Glycemic Index:27.02, Glycemic Load:29.97, Inflammation Score:-5, Nutrition Score:10.95695662628%

Flavonoids

Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 330.6kcal (16.53%), Fat: 11.41g (17.56%), Saturated Fat: 6.68g (41.73%), Carbohydrates: 52.87g (17.62%), Net Carbohydrates: 50.21g (18.26%), Sugar: 49.16g (54.63%), Cholesterol: 36.21mg (12.07%), Sodium: 112.21mg (4.88%), Alcohol: 0.26g (100%), Alcohol %: 0.11% (100%), Caffeine: 16.48mg (5.49%), Protein: 9.35g (18.71%), Calcium: 305.2mg (30.52%), Phosphorus: 297.02mg (29.7%), Vitamin B2: 0.38mg (22.26%), Vitamin B12: 1.21µg (20.17%), Magnesium: 64.69mg (16.17%), Vitamin D: 2.35µg (15.66%), Manganese: 0.29mg (14.35%), Copper: 0.28mg (14.14%), Potassium: 470.98mg (13.46%), Fiber: 2.65g (10.61%), Zinc: 1.49mg (9.92%), Vitamin A: 452.95IU (9.06%), Vitamin B5: 0.9mg (9.02%), Selenium: 6.27µg (8.96%), Vitamin B1: 0.13mg (8.95%), Vitamin B6: 0.15mg (7.7%), Iron: 1.03mg (5.73%), Vitamin B3: 0.42mg (2.08%), Vitamin E: 0.19mg (1.26%), Vitamin K: 1.21µg (1.16%)