



Creamy Junior Mint Hot Chocolate



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



922 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cups chocolate almond milk dark
- ☐ 0.5 cup chocolate finely grated
- ☐ 2 tablespoons granulated suagar
- ☐ 1 cup heavy cream
- ☐ 2 cups milk

Equipment

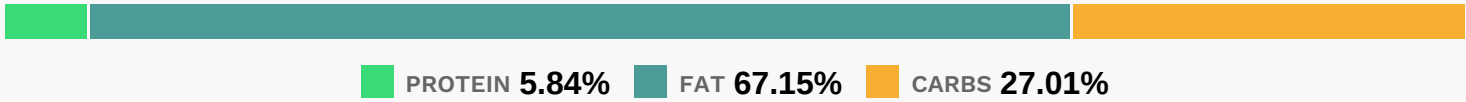
- ☐ sauce pan
- ☐ ladle

- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Pour milk and chocolate almond milk into a 3 quart saucepan over medium heat.
- ☐ Add grated chocolate, stirring to combine.
- ☐ Add Jr. Mints stirring until melted. Reduce heat to a simmer.
- ☐ Pour cream and sugar into a large mixing bowl.
- ☐ Whisk until stiff peaks form.Ladle hot chocolate into cups and top with homemade whipped cream and sprinkle with additional grated chocolate.

Nutrition Facts



Properties

Glycemic Index:25.9, Glycemic Load:14.32, Inflammation Score:-8, Nutrition Score:27.092608700628%

Nutrients (% of daily need)

Calories: 921.59kcal (46.08%), Fat: 70.2g (108%), Saturated Fat: 41.78g (261.14%), Carbohydrates: 63.53g (21.18%), Net Carbohydrates: 52.26g (19%), Sugar: 40.09g (44.54%), Cholesterol: 84.5mg (28.17%), Sodium: 85.98mg (3.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 84.44mg (28.15%), Protein: 13.73g (27.45%), Manganese: 1.86mg (93.18%), Copper: 1.7mg (84.96%), Iron: 11.21mg (62.29%), Magnesium: 246.98mg (61.74%), Phosphorus: 470.66mg (47.07%), Fiber: 11.27g (45.09%), Potassium: 963.06mg (27.52%), Calcium: 271.89mg (27.19%), Zinc: 4.01mg (26.73%), Vitamin B2: 0.4mg (23.75%), Vitamin A: 1106.42IU (22.13%), Vitamin B12: 1µg (16.65%), Selenium: 11.17µg (15.95%), Vitamin D: 2.29µg (15.29%), Vitamin B5: 1.01mg (10.14%), Vitamin K: 10.18µg (9.69%), Vitamin B1: 0.13mg (8.69%), Vitamin B6: 0.16mg (8.15%), Vitamin E: 1.19mg (7.94%), Vitamin B3: 1.25mg (6.23%), Vitamin C: 1.18mg (1.43%), Folate: 5.28µg (1.32%)