



Dairy-Free Crockpot Hot Chocolate



Gluten Free



Dairy Free



Popular

READY IN



130 min.

SERVINGS



12

CALORIES



116 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup dairy-free chocolate syrup
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 cup powdered sugar
- ☐ 3 cups powdered soymilk for soy-free (can sub powdered rice milk)
- ☐ 0.8 cup cocoa powder unsweetened
- ☐ 7 cups water

Equipment

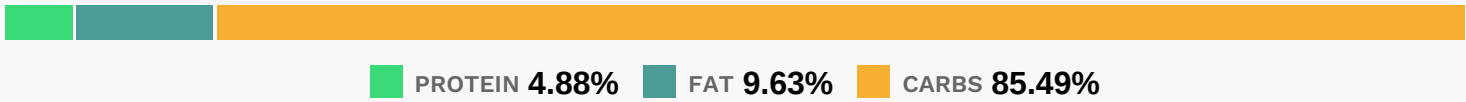
- ☐ ladle

- ☐ whisk
- ☐ pot
- ☐ slow cooker

Directions

- ☐ Use a 4-quart slow cooker.
- ☐ Combine the dry ingredients in the stoneware and stir with a whisk.
- ☐ Add the chocolate syrup.
- ☐ Add water a cup at a time and stir well.Cover and cook on high for 2 to 3 hours, or until the powdered ingredients are dissolved and the liquid is completely hot.Stir again with the whisk.
- ☐ Serve with marshmallows and/or candy canes.If guests serve themselves, keep the pot on low with the lid off, and provide a ladle.

Nutrition Facts



Properties

Glycemic Index:6.58, Glycemic Load:4.94, Inflammation Score:-2, Nutrition Score:3.0460869405095%

Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 116.03kcal (5.8%), Fat: 1.38g (2.12%), Saturated Fat: 0.5g (3.12%), Carbohydrates: 27.48g (9.16%), Net Carbohydrates: 25.17g (9.15%), Sugar: 18.83g (20.92%), Cholesterol: 0mg (0%), Sodium: 88.48mg (3.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 13.11mg (4.37%), Protein: 1.57g (3.14%), Copper: 0.29mg (14.53%), Manganese: 0.25mg (12.73%), Fiber: 2.31g (9.26%), Magnesium: 36.33mg (9.08%), Iron: 1.02mg (5.65%), Phosphorus: 55.58mg (5.56%), Zinc: 0.47mg (3.15%), Potassium: 109.91mg (3.14%), Calcium: 18.9mg (1.89%), Selenium: 1µg (1.43%), Vitamin B2: 0.02mg (1.24%)