



## Delta Hot Chocolate

 Gluten Free

READY IN



40 min.

SERVINGS



15

CALORIES



267 kcal

BEVERAGE

DRINK

## Ingredients

- 6 oz bars bittersweet chocolate chopped
- 2 cinnamon sticks
- 1 qt milk
- 0.1 teaspoon nutmeg freshly ground
- 0.8 cup sugar
- 1 cup cocoa unsweetened
- 1 tablespoon vanilla extract
- 2 cups whipping cream

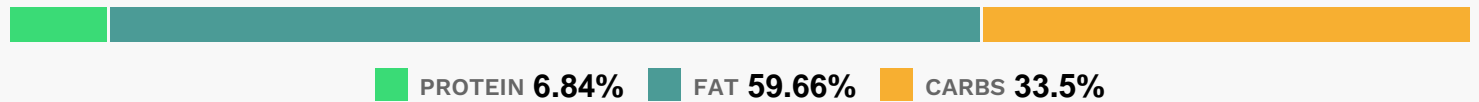
## Equipment

- whisk
- dutch oven

## Directions

- Cook first 4 ingredients in a Dutch oven over medium-low heat, stirring occasionally, 15 to 20 minutes or just until milk begins to steam. (Do not boil.)
- Remove from heat.
- Remove and discard cinnamon sticks.
- Whisk in cocoa, sugar, and vanilla, whisking until blended.
- Cook over low heat 5 minutes.
- Add chocolate, whisking until blended. Keep warm over low heat.

## Nutrition Facts



## Properties

Glycemic Index:12.21, Glycemic Load:8.11, Inflammation Score:-5, Nutrition Score:7.8060869211736%

## Flavonoids

Catechin: 3.72mg, Catechin: 3.72mg, Catechin: 3.72mg, Catechin: 3.72mg Epicatechin: 11.26mg, Epicatechin: 11.26mg, Epicatechin: 11.26mg, Epicatechin: 11.26mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

## Nutrients (% of daily need)

Calories: 266.71kcal (13.34%), Fat: 18.65g (28.69%), Saturated Fat: 11.44g (71.49%), Carbohydrates: 23.57g (7.86%), Net Carbohydrates: 20.29g (7.38%), Sugar: 18.33g (20.37%), Cholesterol: 44.11mg (14.7%), Sodium: 35.11mg (1.53%), Alcohol: 0.3g (100%), Alcohol %: 0.31% (100%), Caffeine: 22.94mg (7.65%), Protein: 4.81g (9.62%), Manganese: 0.46mg (22.87%), Copper: 0.37mg (18.3%), Phosphorus: 154.08mg (15.41%), Magnesium: 58.77mg (14.69%), Fiber: 3.28g (13.12%), Calcium: 117.82mg (11.78%), Vitamin A: 575.75IU (11.51%), Vitamin B2: 0.17mg (9.94%), Iron: 1.59mg (8.84%), Vitamin D: 1.2µg (8.01%), Potassium: 279.78mg (7.99%), Zinc: 1.04mg (6.91%), Vitamin B12: 0.41µg (6.86%), Selenium: 4µg (5.71%), Vitamin B5: 0.37mg (3.67%), Vitamin B1: 0.05mg (3.34%), Vitamin B6: 0.06mg (3.06%), Vitamin E: 0.41mg (2.71%), Vitamin K: 2.31µg (2.2%), Vitamin B3: 0.32mg (1.58%)