



Double-Chocolate Cappuccino Cocoa

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



555 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup whipping cream (heavy)
- 1 tablespoon brown sugar packed
- 1 teaspoon espresso powder dry instant ()
- 8 cups half and half
- 0.5 cup cocoa powder
- 0.3 cup brown sugar packed
- 2 tablespoons espresso powder dry instant ()
- 4 oz baker's chocolate sweet

8 cinnamon sticks

Equipment

bowl

sauce pan

hand mixer

Directions

In chilled small bowl, beat whipping cream, 1 tablespoon brown sugar and 1 teaspoon espresso coffee with electric mixer on high speed until stiff peaks form. Cover and refrigerate until serving time.

Mix milk, cocoa, 1/3 cup brown sugar and 2 tablespoons espresso coffee in 3-quart saucepan.

Heat over medium heat, stirring occasionally, just to simmering (do not boil).

Stir in chocolate until melted.

Pour mixture into cups or mugs. Top each with whipped cream.

Garnish with cinnamon sticks for stirring.

Nutrition Facts



PROTEIN 7.76% **FAT 70.26%** **CARBS 21.98%**

Properties

Glycemic Index:0.63, Glycemic Load:0.05, Inflammation Score:-8, Nutrition Score:18.270434783853%

Flavonoids

Catechin: 12.6mg, Catechin: 12.6mg, Catechin: 12.6mg, Catechin: 12.6mg Epicatechin: 30.66mg, Epicatechin: 30.66mg, Epicatechin: 30.66mg, Epicatechin: 30.66mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 555.47kcal (27.77%), Fat: 46.77g (71.96%), Saturated Fat: 28.89g (180.56%), Carbohydrates: 32.91g (10.97%), Net Carbohydrates: 26.71g (9.71%), Sugar: 21.51g (23.9%), Cholesterol: 118.32mg (39.44%), Sodium: 164.03mg (7.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 66.88mg (22.29%), Protein: 11.62g (23.24%), Manganese: 1.44mg (72.06%), Copper: 0.71mg (35.29%), Phosphorus: 350.14mg (35.01%), Calcium: 345.63mg (34.56%), Vitamin B2: 0.56mg (32.65%), Magnesium: 107.01mg (26.75%), Vitamin A: 1304.33IU (26.09%), Fiber: 6.2g

(24.8%), Iron: 3.79mg (21.07%), Zinc: 2.82mg (18.79%), Potassium: 625mg (17.86%), Selenium: 10.96µg (15.66%), Vitamin B12: 0.51µg (8.46%), Vitamin B5: 0.84mg (8.41%), Vitamin B6: 0.15mg (7.59%), Vitamin B1: 0.1mg (6.96%), Vitamin E: 1.02mg (6.81%), Vitamin K: 6.73µg (6.41%), Vitamin B3: 1.04mg (5.19%), Folate: 14.46µg (3.61%), Vitamin D: 0.48µg (3.17%), Vitamin C: 2.49mg (3.02%)