



Double-Chocolate Cappuccino Cocoa



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



385 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 oz baker's chocolate sweet
- ☐ 0.5 cup cocoa powder
- ☐ 0.3 cup brown sugar packed
- ☐ 1 tablespoon brown sugar packed
- ☐ 8 cinnamon sticks
- ☐ 1 teaspoon espresso powder dry instant ()
- ☐ 2 tablespoons espresso powder dry instant ()
- ☐ 8 cups milk

☐ 1 cup whipping cream (heavy)

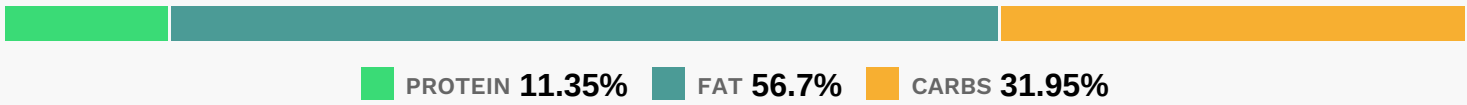
Equipment

- ☐ 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



Properties

Glycemic Index:5.38, Glycemic Load:4.38, Inflammation Score:-7, Nutrition Score:18.963912979416%

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: 384.85kcal (19.24%), Fat: 26.75g (41.15%), Saturated Fat: 16.42g (102.59%), Carbohydrates: 33.9g (11.3%), Net Carbohydrates: 27.7g (10.07%), Sugar: 23.25g (25.83%), Cholesterol: 62.9mg (20.97%), Sodium: 109.13mg (4.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 66.88mg (22.29%), Protein: 12.05g (24.1%), Manganese: 1.45mg (72.43%), Calcium: 386.81mg (38.68%), Phosphorus: 366.68mg (36.67%), Copper: 0.69mg (34.32%), Magnesium: 112.09mg (28.02%), Vitamin B2: 0.42mg (24.84%), Fiber: 6.2g (24.8%), Vitamin B12: 1.37µg

(22.75%), Vitamin D: 3.16µg (21.07%), Iron: 3.67mg (20.39%), Potassium: 671.56mg (19.19%), Zinc: 2.87mg (19.17%), Vitamin A: 842.93IU (16.86%), Vitamin B1: 0.17mg (11.23%), Selenium: 7.86µg (11.22%), Vitamin B5: 1.05mg (10.51%), Vitamin B6: 0.18mg (8.99%), Vitamin B3: 1.03mg (5.15%), Vitamin K: 4.31µg (4.11%), Vitamin E: 0.54mg (3.59%), Folate: 7.2µg (1.8%)