



Drew's World Famous Triple Rush Hot Chocolate

 Gluten Free

READY IN



8 min.

SERVINGS



2

CALORIES



301 kcal

BEVERAGE

DRINK

Ingredients

- 1 dash chili powder hot
- 0.3 teaspoon ground cinnamon
- 1 teaspoon coffee granules instant
- 0.5 cup milk cold
- 0.5 cup semi chocolate chips

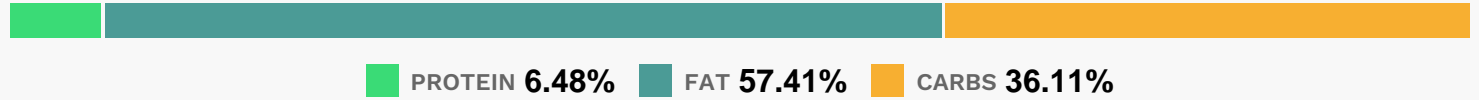
Equipment

- microwave

Directions

- Combine the chocolate chips and milk in a glass or plastic dish, and microwave on high, stirring every 20 to 30 seconds, until melted and smooth.
- Mix in the coffee, cinnamon, and hot chili powder until the instant coffee has dissolved. Stir in the cold milk. Strain into 2 mugs. Thin with additional milk, if desired.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:1.09, Inflammation Score:-5, Nutrition Score:9.4117392688666%

Nutrients (% of daily need)

Calories: 300.94kcal (15.05%), Fat: 19.27g (29.64%), Saturated Fat: 11.06g (69.14%), Carbohydrates: 27.26g (9.09%), Net Carbohydrates: 23.36g (8.49%), Sugar: 19.5g (21.66%), Cholesterol: 10.02mg (3.34%), Sodium: 36.09mg (1.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 54.4mg (18.13%), Protein: 4.89g (9.79%), Manganese: 0.66mg (32.97%), Copper: 0.57mg (28.44%), Magnesium: 89.05mg (22.26%), Phosphorus: 181.79mg (18.18%), Iron: 2.97mg (16.52%), Fiber: 3.91g (15.63%), Calcium: 107.79mg (10.78%), Potassium: 375.18mg (10.72%), Zinc: 1.47mg (9.8%), Selenium: 5.11µg (7.3%), Vitamin B12: 0.41µg (6.84%), Vitamin B2: 0.11mg (6.55%), Vitamin A: 270.31IU (5.41%), Vitamin D: 0.67µg (4.47%), Vitamin K: 4.04µg (3.85%), Vitamin B5: 0.37mg (3.68%), Vitamin B1: 0.05mg (3.33%), Vitamin E: 0.49mg (3.28%), Vitamin B3: 0.64mg (3.22%), Vitamin B6: 0.06mg (3.18%)