



Egnog Hot Chocolate

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



389 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 12 ounces bittersweet chocolate chips
- ☐ 4 cups eggnog
- ☐ 2.5 cups milk
- ☐ 1 teaspoon vanilla extract

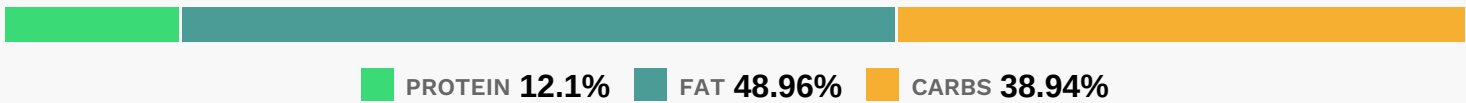
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a medium saucepan, melt chocolate in milk over medium-low heat.
- ☐ Remove from heat, and let stand for 2 minutes.
- ☐ Whisk the chocolate until melted and smooth.
- ☐ Stir in the eggnog, and heat gently over low heat until very warm but not boiling.
- ☐ Remove from heat, and stir in the vanilla and coffee liqueur.
- ☐ Pour into mugs, and serve with whipped cream and a cinnamon stick garnish.

Nutrition Facts



Properties

Glycemic Index:11.63, Glycemic Load:6.98, Inflammation Score:-4, Nutrition Score:11.146521744521%

Nutrients (% of daily need)

Calories: 388.58kcal (19.43%), Fat: 21.11g (32.48%), Saturated Fat: 17.04g (106.5%), Carbohydrates: 37.79g (12.6%), Net Carbohydrates: 36.17g (13.15%), Sugar: 28.46g (31.62%), Cholesterol: 84.51mg (28.17%), Sodium: 143.1mg (6.22%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 11.75g (23.49%), Calcium: 387.79mg (38.78%), Phosphorus: 269.05mg (26.91%), Vitamin B2: 0.42mg (24.86%), Vitamin B12: 1.1µg (18.37%), Potassium: 593.84mg (16.97%), Zinc: 2.4mg (15.99%), Vitamin D: 2.36µg (15.75%), Selenium: 8.99µg (12.85%), Magnesium: 48.65mg (12.16%), Vitamin B5: 1.13mg (11.33%), Vitamin B1: 0.13mg (8.56%), Vitamin B6: 0.17mg (8.27%), Vitamin A: 389.4IU (7.79%), Vitamin E: 0.97mg (6.48%), Fiber: 1.62g (6.46%), Copper: 0.1mg (4.77%), Iron: 0.8mg (4.46%), Vitamin K: 3.88µg (3.7%), Manganese: 0.07mg (3.5%), Vitamin B3: 0.66mg (3.29%), Vitamin C: 2.12mg (2.57%), Folate: 10.2µg (2.55%)