



El Dorado Hot Chocolate

 **Gluten Free**

READY IN



25 min.

SERVINGS



4

CALORIES



806 kcal

BEVERAGE

DRINK

Ingredients

- 6 ounces cinnamon liqueur flavored (recommended: Goldschlager)
- 6 cups milk
- 8 ounces chocolate finely chopped
- 3 ounces golden rum
- 0.8 cup sugar
- 0.3 cup water

Equipment

- frying pan

sauce pan

whisk

Directions

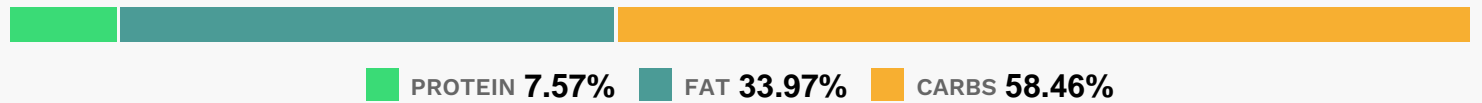
Stir the sugar and 2 tablespoons of the water together in a heavy-bottomed saucepan. Cover and bring to a boil over medium heat. Uncover and continue to cook, swirling the pan but not stirring, until the sugar is a dark golden caramel, 7 to 10 minutes. (It should smell slightly burnt.) Pull pan from the heat and carefully pour the 1/4 cup water into the caramel. Take care; it may spatter a lot.

Whisk until smooth and allow to cool. (The burnt caramel can be held for up to 2 weeks at room temperature.)

When ready to serve: Put 3 tablespoons of the burnt caramel into 4 mugs or cups and top evenly with the chopped chocolate. Bring the milk to a simmer in a medium pan over medium heat. Pull pan from the heat and add the Goldschlager and rum; pour over the chocolate.

Serve El Dorado Hot Chocolates with a spoon to stir the layers together.

Nutrition Facts



Properties

Glycemic Index:42.67, Glycemic Load:46.52, Inflammation Score:-7, Nutrition Score:29.548260750978%

Nutrients (% of daily need)

Calories: 805.59kcal (40.28%), Fat: 31.75g (48.85%), Saturated Fat: 18.34g (114.62%), Carbohydrates: 122.96g (40.99%), Net Carbohydrates: 97.26g (35.37%), Sugar: 85.14g (94.6%), Cholesterol: 43.92mg (14.64%), Sodium: 153.73mg (6.68%), Alcohol: 7.1g (100%), Alcohol %: 1.67% (100%), Caffeine: 37.42mg (12.47%), Protein: 15.91g (31.83%), Manganese: 7.73mg (386.37%), Fiber: 25.7g (102.8%), Calcium: 890.7mg (89.07%), Phosphorus: 481.07mg (48.11%), Vitamin B2: 0.67mg (39.21%), Magnesium: 133.65mg (33.41%), Vitamin B12: 1.98µg (32.94%), Iron: 5.13mg (28.5%), Vitamin D: 4.03µg (26.84%), Potassium: 897.88mg (25.65%), Copper: 0.48mg (24.14%), Zinc: 3.14mg (20.95%), Vitamin K: 17.94µg (17.08%), Vitamin B6: 0.31mg (15.75%), Vitamin B5: 1.56mg (15.58%), Vitamin B1: 0.23mg (15.13%), Selenium: 10.08µg (14.41%), Vitamin A: 718.37IU (14.37%), Vitamin E: 1.32mg (8.78%), Vitamin B3: 1.33mg (6.67%), Vitamin C: 1.62mg (1.96%), Folate: 4.25µg (1.06%)