



## Everyday Hot Chocolate

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



230 kcal

BEVERAGE

DRINK

### Ingredients

- 0.7 cup chocolate syrup
- 3 tablespoons fudge topping hot
- 4 cups milk
- 10 servings stir-ins: peppermint candies hard miniature crushed chopped thin
- 1 pinch salt

### Equipment

- sauce pan
- whisk

## Directions

- Cook milk in a large nonaluminum saucepan over medium heat, stirring frequently, 6 to 8 minutes or until thoroughly heated (do not boil).
- Whisk in chocolate syrup, fudge topping, and salt, whisking vigorously until chocolate is well blended and mixture is frothy.
- Serve immediately with desired stir-ins or, if desired, Whipped Topping Dollops on Spoons.
- Note: For testing purposes only, we used Hershey's Chocolate Syrup, Smucker's Hot Fudge Topping, Andes Crme de Menthe Thins, and Hershey's Kisses Limited Edition Cherry Cordial Crme.
- Lightened Everyday Hot Chocolate: Substitute 2% reduced-fat milk for regular milk. Proceed with recipe as directed.

## Nutrition Facts



## Properties

Glycemic Index:9.85, Glycemic Load:16.47, Inflammation Score:-2, Nutrition Score:4.6791304056735%

## Nutrients (% of daily need)

Calories: 229.71kcal (11.49%), Fat: 3.92g (6.03%), Saturated Fat: 2.16g (13.52%), Carbohydrates: 45.55g (15.18%), Net Carbohydrates: 44.84g (16.31%), Sugar: 33.89g (37.65%), Cholesterol: 11.77mg (3.92%), Sodium: 99.09mg (4.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.42g (8.85%), Phosphorus: 132.3mg (13.23%), Calcium: 126.54mg (12.65%), Vitamin B12: 0.53µg (8.84%), Vitamin B2: 0.15mg (8.83%), Copper: 0.15mg (7.62%), Vitamin D: 1.07µg (7.16%), Magnesium: 28.05mg (7.01%), Potassium: 208.89mg (5.97%), Manganese: 0.1mg (5.19%), Zinc: 0.61mg (4.04%), Selenium: 2.78µg (3.97%), Vitamin B1: 0.06mg (3.91%), Vitamin B5: 0.37mg (3.75%), Vitamin A: 158.23IU (3.16%), Iron: 0.57mg (3.14%), Vitamin B6: 0.06mg (3.14%), Fiber: 0.71g (2.84%), Vitamin E: 0.2mg (1.35%), Vitamin B3: 0.2mg (1.02%)