



Extremely Potent Chocolate Espresso Drink

 **Gluten Free**

READY IN



10 min.

SERVINGS



4

CALORIES



598 kcal

BEVERAGE

DRINK

Ingredients

- 1 shot espresso grounds dark instant (last resort, please)
- 4 servings marshmallows miniature
- 2 cups warm milk
- 8 ounces bittersweet chocolate dark
- 4 servings sugar
- 4 servings whipped cream

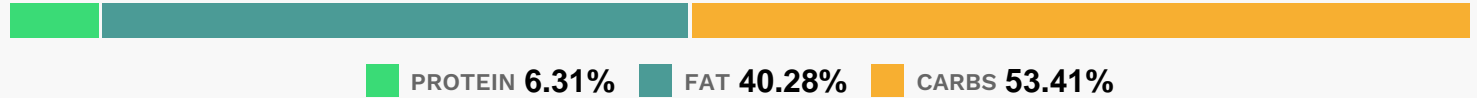
Equipment

- broiler

Directions

- Melt the chocolate in a double broiler over simmering water.
- Add the espresso and warm milk and stir well to combine. Adjust sweetness by adding sugar, if needed.
- Pour into cups or mugs and garnish with whipped cream and marshmallows.

Nutrition Facts



Properties

Glycemic Index:55.9, Glycemic Load:25.69, Inflammation Score:-6, Nutrition Score:15.350435106327%

Nutrients (% of daily need)

Calories: 597.66kcal (29.88%), Fat: 27.11g (41.71%), Saturated Fat: 15.63g (97.68%), Carbohydrates: 80.87g (26.96%), Net Carbohydrates: 76.31g (27.75%), Sugar: 56.42g (62.69%), Cholesterol: 22.6mg (7.53%), Sodium: 80.73mg (3.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 396.99mg (132.33%), Protein: 9.56g (19.11%), Manganese: 0.95mg (47.45%), Magnesium: 151.95mg (37.99%), Copper: 0.75mg (37.74%), Phosphorus: 311.98mg (31.2%), Potassium: 907.63mg (25.93%), Iron: 4.15mg (23.06%), Calcium: 207.93mg (20.79%), Vitamin B3: 3.76mg (18.79%), Fiber: 4.57g (18.26%), Zinc: 2.08mg (13.85%), Selenium: 9.14µg (13.06%), Vitamin B12: 0.78µg (12.97%), Vitamin B2: 0.21mg (12.4%), Vitamin D: 1.37µg (9.11%), Vitamin B5: 0.66mg (6.56%), Vitamin B1: 0.09mg (5.99%), Vitamin A: 267.09IU (5.34%), Vitamin B6: 0.1mg (5.01%), Vitamin K: 4.77µg (4.55%), Vitamin E: 0.43mg (2.89%)