



## Fluffy Hot Chocolate

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



214 kcal

BEVERAGE

DRINK

### Ingredients

- 8 teaspoons sugar
- 4 teaspoons cocoa powder
- 4 cups milk 2%
- 1.5 cups marshmallows miniature
- 1 teaspoon vanilla extract

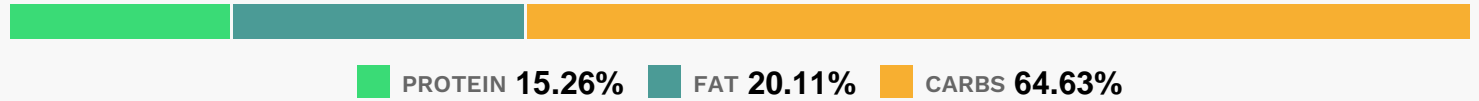
### Equipment

- sauce pan
- ladle

## Directions

- In a small saucepan, combine the first four ingredients. Cook and stir over medium heat until marshmallows are melted, about 8 minutes.
- Remove from the heat; stir in vanilla. Ladle into mugs.

## Nutrition Facts



## Properties

Glycemic Index:32.65, Glycemic Load:14.8, Inflammation Score:-3, Nutrition Score:7.5273912782254%

## Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 213.59kcal (10.68%), Fat: 4.87g (7.5%), Saturated Fat: 3.06g (19.11%), Carbohydrates: 35.25g (11.75%), Net Carbohydrates: 34.86g (12.68%), Sugar: 30.87g (34.3%), Cholesterol: 18.88mg (6.29%), Sodium: 126.3mg (5.49%), Alcohol: 0.34g (100%), Alcohol %: 0.16% (100%), Protein: 8.32g (16.64%), Calcium: 285.23mg (28.52%), Vitamin B2: 0.44mg (25.98%), Phosphorus: 226.02mg (22.6%), Vitamin B12: 1.25µg (20.85%), Potassium: 348.18mg (9.95%), Selenium: 6.41µg (9.16%), Vitamin B5: 0.84mg (8.44%), Zinc: 1.21mg (8.07%), Magnesium: 31.44mg (7.86%), Vitamin B1: 0.09mg (6.21%), Vitamin A: 240.72IU (4.81%), Vitamin B6: 0.09mg (4.58%), Manganese: 0.08mg (3.78%), Copper: 0.07mg (3.58%), Folate: 12.31µg (3.08%), Fiber: 0.39g (1.55%), Iron: 0.23mg (1.3%), Vitamin B3: 0.26mg (1.29%)