



Frozen Hot Chocolate



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



1

CALORIES



797 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 ounces best-quality chocolate or a variety of your favorites
- ☐ 1 serving milk chocolate shavings for garnish
- ☐ 2 teaspoons chocolate mix frozen hot store bought recommended: Serendipity Chocolate Mix
- ☐ 3 cups ice cubes
- ☐ 1.5 cups milk
- ☐ 1.5 tablespoons sugar
- ☐ 1 serving whipped cream for garnish

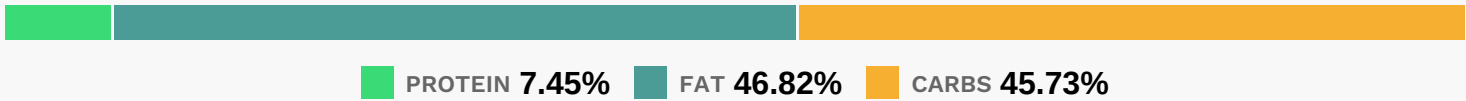
Equipment

- ☐ sauce pan
- ☐ blender
- ☐ double boiler

Directions

- ☐ Chop the chocolate into small pieces and melt in a small heavy saucepan or in the top of a double boiler over simmering water. Stir occasionally until melted.
- ☐ Add the hot chocolate mix and sugar, stirring constantly until blended.
- ☐ Remove from heat and slowly add 1/2 cup of the milk, stirring until smooth. Cool to room temperature.
- ☐ In a blender, place the remaining 1 cup of milk, the chocolate mixture, and the ice. Blend on high speed until smooth and the consistency of a frozen daiquiri.
- ☐ Pour into a giant goblet and top with whipped cream and chocolate shavings.

Nutrition Facts



Properties

Glycemic Index:205.69, Glycemic Load:39.36, Inflammation Score:-7, Nutrition Score:19.880434655625%

Nutrients (% of daily need)

Calories: 797.31kcal (39.87%), Fat: 44.67g (68.73%), Saturated Fat: 26.34g (164.6%), Carbohydrates: 98.16g (32.72%), Net Carbohydrates: 92.85g (33.76%), Sugar: 88.6g (98.44%), Cholesterol: 48.54mg (16.18%), Sodium: 307.94mg (13.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 56.99mg (19%), Protein: 15.99g (31.99%), Calcium: 512.74mg (51.27%), Phosphorus: 502.62mg (50.26%), Vitamin B2: 0.72mg (42.18%), Magnesium: 149.54mg (37.39%), Vitamin B12: 2µg (33.26%), Copper: 0.62mg (30.99%), Vitamin D: 4.05µg (27%), Potassium: 810.49mg (23.16%), Manganese: 0.45mg (22.44%), Fiber: 5.32g (21.27%), Zinc: 2.9mg (19.32%), Vitamin B1: 0.22mg (14.97%), Iron: 2.67mg (14.86%), Vitamin B5: 1.45mg (14.47%), Selenium: 9.61µg (13.73%), Vitamin B6: 0.26mg (13.13%), Vitamin A: 636.06IU (12.72%), Vitamin K: 6.64µg (6.33%), Vitamin B3: 0.97mg (4.83%), Vitamin E: 0.45mg (2.99%)