



Fudgy Hot Cocoa

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



355 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 teaspoon almond extract
- 1 cup chocolate syrup
- 0.7 cup cocoa
- 0.7 cup fudge topping hot
- 24 large marshmallows
- 10 cup milk
- 12 servings sugar
- 2 teaspoons vanilla extract

Equipment

- wax paper
- rolling pin
- dutch oven

Directions

- Cook first 6 ingredients in a Dutch oven over medium-low heat, stirring occasionally, 10 minutes or until thoroughly heated. (Do not boil.)
- Sprinkle sugar onto wax paper; place marshmallows 2 inches apart on paper.
- Sprinkle with sugar, and top with wax paper. Flatten marshmallows with a rolling pin.
- Remove top sheet of wax paper, and cut marshmallows with Halloween cutters. Decorate with frosting, and serve in hot cocoa.

Nutrition Facts

PROTEIN 9.95% **FAT 22.03%** **CARBS 68.02%**

Properties

Glycemic Index:14.05, Glycemic Load:18.86, Inflammation Score:-5, Nutrition Score:10.979565248865%

Flavonoids

Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg Epicatechin: 9.39mg, Epicatechin: 9.39mg, Epicatechin: 9.39mg, Epicatechin: 9.39mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 354.87kcal (17.74%), Fat: 9.01g (13.87%), Saturated Fat: 4.98g (31.11%), Carbohydrates: 62.6g (20.87%), Net Carbohydrates: 59.69g (21.71%), Sugar: 48.3g (53.67%), Cholesterol: 24.57mg (8.19%), Sodium: 166.1mg (7.22%), Alcohol: 0.29g (100%), Alcohol %: 0.13% (100%), Caffeine: 13.67mg (4.56%), Protein: 9.16g (18.32%), Phosphorus: 290.24mg (29.02%), Calcium: 268.62mg (26.86%), Copper: 0.38mg (19.25%), Vitamin B2: 0.32mg (19.01%), Vitamin B12: 1.11µg (18.47%), Magnesium: 72.98mg (18.24%), Manganese: 0.35mg (17.66%), Vitamin D: 2.24µg (14.91%), Potassium: 483.76mg (13.82%), Fiber: 2.9g (11.62%), Zinc: 1.49mg (9.93%), Vitamin B1: 0.13mg (8.39%), Iron: 1.45mg (8.06%), Selenium: 5.59µg (7.99%), Vitamin B5: 0.79mg (7.95%), Vitamin B6: 0.14mg (6.76%), Vitamin A: 329.74IU (6.59%), Vitamin E: 0.56mg (3.7%), Vitamin B3: 0.45mg (2.27%), Vitamin K: 1.28µg (1.22%)