



Ginger Spiced Hot Cocoa

 Gluten Free

READY IN



6 min.

SERVINGS



1

CALORIES



155 kcal

BEVERAGE

DRINK

Ingredients

- 8 ounces percent milk low-fat
- 0.1 ounce milk chocolate shavings dark
- 0.3 inch ginger fresh peeled sliced into 2 rounds
- 2 teaspoons sugar
- 2 teaspoons cocoa powder unsweetened
- 2 teaspoons water

Equipment

- sauce pan

whisk

Directions

Watch how to make this recipe.

In a small saucepan heat the milk and ginger over a medium-low heat until scalding, about 4 minutes. While the milk is warming, put cocoa powder and sugar into a mug.

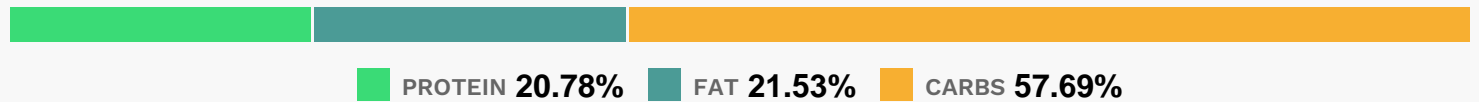
Add the water to the mug and stir until the mixture has the consistency of a paste.

Remove the ginger from the warmed milk.

Add the chocolate mixture to the milk and whisk until slightly frothy.

Pour the hot chocolate into the mug and top with chocolate shavings.

Nutrition Facts



Properties

Glycemic Index:85.09, Glycemic Load:5.63, Inflammation Score:-5, Nutrition Score:9.1491304163052%

Flavonoids

Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epicatechin: 3.93mg, Epicatechin: 3.93mg, Epicatechin: 3.93mg, Epicatechin: 3.93mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 154.8kcal (7.74%), Fat: 3.82g (5.88%), Saturated Fat: 2.23g (13.96%), Carbohydrates: 23.07g (7.69%), Net Carbohydrates: 22.01g (8%), Sugar: 20.6g (22.89%), Cholesterol: 11.55mg (3.85%), Sodium: 90.03mg (3.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.65mg (2.55%), Protein: 8.31g (16.61%), Calcium: 291.18mg (29.12%), Phosphorus: 258.09mg (25.81%), Vitamin B12: 1.39µg (23.16%), Vitamin B2: 0.33mg (19.19%), Vitamin D: 2.49µg (16.63%), Potassium: 418.52mg (11.96%), Magnesium: 44.28mg (11.07%), Vitamin A: 446.29IU (8.93%), Vitamin B1: 0.13mg (8.83%), Vitamin B5: 0.84mg (8.38%), Zinc: 1.21mg (8.09%), Selenium: 5.41µg (7.72%), Vitamin B6: 0.14mg (7.12%), Manganese: 0.13mg (6.74%), Copper: 0.13mg (6.42%), Fiber: 1.06g (4.23%), Iron: 0.52mg (2.87%), Vitamin B3: 0.34mg (1.71%), Folate: 5.37µg (1.34%)