

# Haunting Hot Chocolate



Vegetarian



Gluten Free



Low Fod Map

READY IN



10 min.

SERVINGS



5

CALORIES



140 kcal

BEVERAGE

DRINK

## Ingredients

- 3 tablespoons cocoa powder
- 0.1 teaspoon ground cinnamon
- 1 cup skim milk powder dry
- 5 tablespoons sugar
- 3 cups water boiling

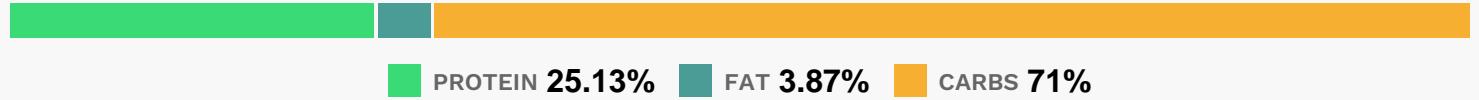
## Equipment

- sauce pan

## Directions

- In a saucepan, combine the milk powder, sugar, cocoa, cinnamon and salt.
- Add boiling water stir until milk powder is dissolved.

## Nutrition Facts



## Properties

Glycemic Index:15.02, Glycemic Load:8.38, Inflammation Score:-5, Nutrition Score:9.2821740850644%

## Flavonoids

Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg Epicatechin: 5.89mg, Epicatechin: 5.89mg, Epicatechin: 5.89mg, Epicatechin: 5.89mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

## Nutrients (% of daily need)

Calories: 140.04kcal (7%), Fat: 0.63g (0.98%), Saturated Fat: 0.36g (2.26%), Carbohydrates: 26.21g (8.74%), Net Carbohydrates: 25.07g (9.12%), Sugar: 24.51g (27.23%), Cholesterol: 4.8mg (1.6%), Sodium: 136.25mg (5.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.9mg (2.3%), Protein: 9.28g (18.56%), Calcium: 311.12mg (31.11%), Phosphorus: 254.37mg (25.44%), Vitamin B2: 0.38mg (22.44%), Vitamin D: 2.64µg (17.6%), Vitamin B12: 0.97µg (16.12%), Potassium: 475.66mg (13.59%), Magnesium: 42.82mg (10.7%), Vitamin A: 523.11IU (10.46%), Selenium: 7.05µg (10.08%), Vitamin B5: 0.86mg (8.64%), Zinc: 1.2mg (8%), Copper: 0.15mg (7.36%), Vitamin B1: 0.1mg (6.8%), Manganese: 0.13mg (6.46%), Fiber: 1.14g (4.55%), Vitamin B6: 0.09mg (4.51%), Folate: 12.96µg (3.24%), Iron: 0.5mg (2.8%), Vitamin C: 1.63mg (1.98%), Vitamin B3: 0.29mg (1.47%)