



Homemade Hot Cocoa Mix

 Gluten Free  Low Fod Map

READY IN



5 min.

SERVINGS



50

CALORIES



60 kcal

BEVERAGE

DRINK

Ingredients

- 1.5 cups cacao chocolate morsels dark 53%
- 1 cup nonfat milk dry instant
- 1.3 cups sugar
- 0.7 cup cocoa dark unsweetened

Equipment

Directions

- Stir together dark chocolate morsels, sugar, instant nonfat dry milk, and cocoa; spoon into 1 (2-qt.) jar. Store at room temperature up to 1 month.
- Heat 1 cup milk to 180; stir in 1/4 cup Homemade Hot Cocoa
- Mix. Makes 1 serving. Total 5 min.
- PACKAGE THE COCOA MIX IN: Weck 9-oz. Juice Jar (\$95; crateandbarrel.com)

Nutrition Facts

PROTEIN 9.76%

FAT 27.02%

CARBS 63.22%

Properties

Glycemic Index:1.4, Glycemic Load:3.49, Inflammation Score:-1, Nutrition Score:1.7604347746009%

Flavonoids

Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Epicatechin: 2.25mg, Epicatechin: 2.25mg, Epicatechin: 2.25mg, Epicatechin: 2.25mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 59.71kcal (2.99%), Fat: 1.89g (2.9%), Saturated Fat: 1.67g (10.44%), Carbohydrates: 9.93g (3.31%), Net Carbohydrates: 9.3g (3.38%), Sugar: 8.1g (9%), Cholesterol: 0.53mg (0.18%), Sodium: 18.91mg (0.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.07%), Calcium: 48.12mg (4.81%), Phosphorus: 38.45mg (3.85%), Vitamin B2: 0.05mg (2.97%), Copper: 0.05mg (2.73%), Potassium: 94.67mg (2.7%), Manganese: 0.05mg (2.61%), Magnesium: 10.31mg (2.58%), Fiber: 0.63g (2.52%), Zinc: 0.37mg (2.45%), Vitamin B12: 0.11µg (1.86%), Vitamin D: 0.26µg (1.76%), Selenium: 1.13µg (1.61%), Iron: 0.24mg (1.33%), Vitamin B5: 0.13mg (1.29%), Vitamin B1: 0.02mg (1.08%), Vitamin A: 52.84IU (1.06%)