



Homestyle Hot Cocoa

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



304 kcal

BEVERAGE

DRINK

Ingredients

- 0.1 teaspoon ground cinnamon
- 1 cup half-and-half divided
- 3 cups milk
- 1 pinch salt
- 0.3 cup cocoa powder unsweetened
- 0.8 teaspoon vanilla extract
- 0.3 cup water boiling
- 0.5 cup sugar white

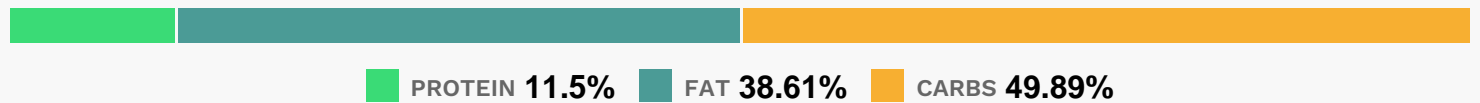
Equipment

- sauce pan
- whisk

Directions

- Whisk together sugar, cocoa powder, cinnamon, and salt in a saucepan; stir in boiling water.
- Whisk until sugar is dissolved.
- Bring cocoa mixture to a simmer over medium-high heat, stirring constantly, about 2 minutes; stir milk and 1/2 cup half-and-half into water mixture. Cook and stir just until hot, about 2 minutes.
- Remove saucepan from heat; stir in remaining half-and-half and vanilla extract.
- Divide cocoa into mugs, top with marshmallows, and serve.

Nutrition Facts



Properties

Glycemic Index:28.27, Glycemic Load:20.7, Inflammation Score:-5, Nutrition Score:10.892173883708%

Flavonoids

Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 303.96kcal (15.2%), Fat: 13.88g (21.35%), Saturated Fat: 8.24g (51.47%), Carbohydrates: 40.34g (13.45%), Net Carbohydrates: 37.66g (13.69%), Sugar: 36.47g (40.53%), Cholesterol: 43.13mg (14.38%), Sodium: 118.95mg (5.17%), Alcohol: 0.26g (100%), Alcohol %: 0.11% (100%), Caffeine: 16.48mg (5.49%), Protein: 9.3g (18.61%), Calcium: 300.55mg (30.06%), Phosphorus: 294.99mg (29.5%), Vitamin B2: 0.39mg (23.1%), Vitamin B12: 1.1µg (18.39%), Magnesium: 64.1mg (16.02%), Manganese: 0.3mg (14.83%), Copper: 0.28mg (14.23%), Vitamin D: 2.01µg (13.42%), Potassium: 465.17mg (13.29%), Fiber: 2.68g (10.74%), Vitamin A: 510.81IU (10.22%), Zinc: 1.48mg (9.87%), Selenium: 6.59µg (9.41%), Vitamin B5: 0.88mg (8.76%), Vitamin B1: 0.13mg (8.42%), Vitamin B6: 0.15mg (7.53%), Iron: 1.05mg (5.81%), Vitamin B3: 0.42mg (2.09%), Vitamin E: 0.25mg (1.68%), Vitamin K: 1.53µg (1.46%), Folate: 4.11µg (1.03%)