



Hot Carob

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



59 kcal

SIDE DISH

Ingredients

- 1 tablespoon cocoa / carob powder
- 1 tablespoon honey
- 1 cup milk
- 1 teaspoon vanilla extract

Equipment

- sauce pan
- whisk

Directions

- Combine milk and carob powder in a small saucepan over medium heat, whisking to remove any lumps. Stir in honey and vanilla extract. Continue heating to desired temperature.

Nutrition Facts

PROTEIN 13.78% **FAT 29.17%** **CARBS 57.05%**

Properties

Glycemic Index:22.57, Glycemic Load:3.34, Inflammation Score:-1, Nutrition Score:2.3013043147714%

Flavonoids

Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Epicatechin 3-gallate: 0.45mg, Epicatechin 3-gallate: 0.45mg, Epicatechin 3-gallate: 0.45mg, Epicatechin 3-gallate: 0.45mg Epigallocatechin 3-gallate: 1.64mg, Epigallocatechin 3-gallate: 1.64mg, Epigallocatechin 3-gallate: 1.64mg, Epigallocatechin 3-gallate: 1.64mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 58.77kcal (2.94%), Fat: 1.96g (3.02%), Saturated Fat: 1.14g (7.1%), Carbohydrates: 8.63g (2.88%), Net Carbohydrates: 8.03g (2.92%), Sugar: 8.11g (9.01%), Cholesterol: 7.32mg (2.44%), Sodium: 24mg (1.04%), Alcohol: 0.34g (100%), Alcohol %: 0.63% (100%), Protein: 2.09g (4.17%), Calcium: 80.68mg (8.07%), Phosphorus: 63.06mg (6.31%), Vitamin B2: 0.09mg (5.53%), Vitamin B12: 0.33µg (5.49%), Vitamin D: 0.67µg (4.47%), Potassium: 108.11mg (3.09%), Fiber: 0.61g (2.43%), Vitamin B1: 0.04mg (2.34%), Vitamin B5: 0.23mg (2.32%), Vitamin B6: 0.04mg (2.21%), Magnesium: 8.35mg (2.09%), Vitamin A: 99.03IU (1.98%), Zinc: 0.28mg (1.84%), Selenium: 1.28µg (1.83%)