



WHATSheATE

Hot Choco Loco



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



294 kcal

SIDE DISH

Ingredients

- ☐ 1 cinnamon sticks
- ☐ 2 jalapeños stemmed quartered
- ☐ 0.5 cup marshmallows mini
- ☐ 4 cups milk
- ☐ 3 ounces bittersweet chocolate shaved chopped
- ☐ 0.3 teaspoon vanilla extract

Equipment

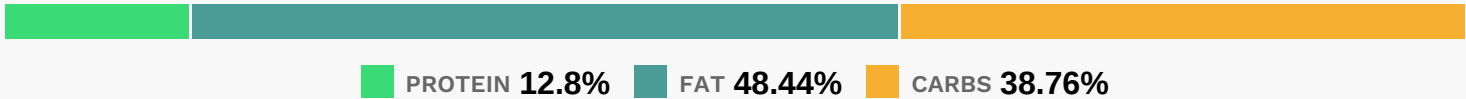
- ☐ bowl

- ☐ pot
- ☐ sieve
- ☐ measuring cup

Directions

- ☐ Watch how to make this recipe.
- ☐ Put the chocolate into a bowl or liquid measuring cup and put a fine mesh sieve over the rim.
- ☐ Add the milk, cinnamon stick and jalapenos, seeds included, to a medium pot over low heat. Bring to a simmer and let steep for 15 minutes. Stir in the vanilla.
- ☐ Pour the milk mixture into the sieve over the chocolate and discard the solids. Quickly stir the milk and chocolate together and pour it evenly into 4 mugs. Top with marshmallows and serve.

Nutrition Facts



Properties

Glycemic Index:33.88, Glycemic Load:7.5, Inflammation Score:-5, Nutrition Score:12.565652328989%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 294.29kcal (14.71%), Fat: 16g (24.62%), Saturated Fat: 9.24g (57.72%), Carbohydrates: 28.81g (9.6%), Net Carbohydrates: 26.45g (9.62%), Sugar: 23.48g (26.09%), Cholesterol: 30.56mg (10.19%), Sodium: 100.17mg (4.36%), Alcohol: 0.09g (100%), Alcohol %: 0.04% (100%), Caffeine: 18.29mg (6.1%), Protein: 9.52g (19.03%), Calcium: 323.13mg (32.31%), Phosphorus: 304.62mg (30.46%), Manganese: 0.45mg (22.61%), Vitamin B12: 1.36µg (22.6%), Vitamin B2: 0.35mg (20.75%), Vitamin D: 2.68µg (17.89%), Magnesium: 68.43mg (17.11%), Potassium: 508.37mg (14.52%), Copper: 0.28mg (14.01%), Zinc: 1.59mg (10.62%), Vitamin C: 8.34mg (10.1%), Vitamin B5: 1mg (9.99%), Vitamin B1: 0.15mg (9.77%), Vitamin A: 483.95IU (9.68%), Fiber: 2.37g (9.47%), Selenium: 6.58µg (9.4%), Vitamin B6: 0.19mg (9.35%), Iron: 1.45mg (8.05%), Vitamin K: 3.83µg (3.65%), Vitamin E: 0.52mg (3.46%), Vitamin B3: 0.54mg (2.71%)