



Hot Chocolate

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



56 kcal

BEVERAGE

DRINK

Ingredients

- 2 oz baker's chocolate unsweetened
- 3 cups milk
- 0.5 cup sugar
- 1 tsp vanilla
- 1 cup water

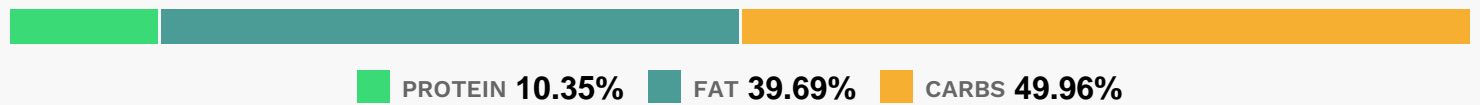
Equipment

- sauce pan
- whisk

Directions

- Cook water and chocolate in medium saucepan on medium–low heat 3 to 4 min. or until chocolate is completely melted and mixture is well blended, stirring constantly with whisk.
- Add sugar; mix well.
- Bring to boil on medium–high heat. Cook 3 min., stirring constantly. Gradually add milk, stirring with whisk until well blended.
- Stir in vanilla; cook on medium heat 2 to 3 min. or until heated through, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:5.4, Glycemic Load:4.14, Inflammation Score:-1, Nutrition Score:2.2030434725077%

Flavonoids

Catechin: 1.82mg, Catechin: 1.82mg, Catechin: 1.82mg, Catechin: 1.82mg Epicatechin: 4.02mg, Epicatechin: 4.02mg, Epicatechin: 4.02mg, Epicatechin: 4.02mg

Nutrients (% of daily need)

Calories: 56.02kcal (2.8%), Fat: 2.67g (4.11%), Saturated Fat: 1.6g (9.99%), Carbohydrates: 7.56g (2.52%), Net Carbohydrates: 7.09g (2.58%), Sugar: 6.8g (7.56%), Cholesterol: 4.39mg (1.46%), Sodium: 15.25mg (0.66%), Alcohol: 0.07g (100%), Alcohol %: 0.16% (100%), Protein: 1.57g (3.13%), Manganese: 0.12mg (6.01%), Phosphorus: 48.32mg (4.83%), Calcium: 48.31mg (4.83%), Copper: 0.09mg (4.72%), Magnesium: 13.81mg (3.45%), Vitamin B12: 0.2µg (3.29%), Vitamin B2: 0.05mg (3.21%), Zinc: 0.43mg (2.83%), Iron: 0.5mg (2.76%), Vitamin D: 0.4µg (2.68%), Potassium: 78.84mg (2.25%), Fiber: 0.47g (1.88%), Vitamin B1: 0.02mg (1.65%), Vitamin B5: 0.14mg (1.41%), Selenium: 0.95µg (1.36%), Vitamin A: 59.29IU (1.19%), Vitamin B6: 0.02mg (1.16%)