



Hot Chocolate

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



280 kcal

BEVERAGE

DRINK

Ingredients

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

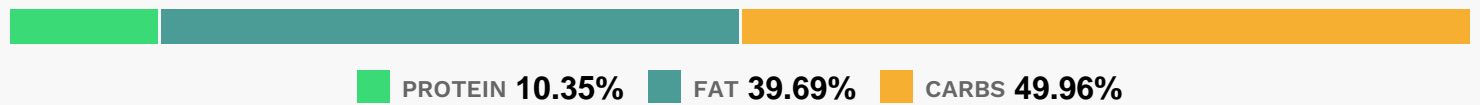
Equipment

- 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:27.02, Glycemic Load:20.7, Inflammation Score:-5, Nutrition Score:11.016086935997%

Flavonoids

Catechin: 9.12mg, Catechin: 9.12mg, Catechin: 9.12mg, Catechin: 9.12mg Epicatechin: 20.1mg, Epicatechin: 20.1mg, Epicatechin: 20.1mg, Epicatechin: 20.1mg

Nutrients (% of daily need)

Calories: 280.09kcal (14%), Fat: 13.35g (20.54%), Saturated Fat: 7.99g (49.93%), Carbohydrates: 37.81g (12.6%), Net Carbohydrates: 35.46g (12.89%), Sugar: 34.01g (37.79%), Cholesterol: 21.96mg (7.32%), Sodium: 76.24mg (3.31%), Alcohol: 0.36g (100%), Alcohol %: 0.16% (100%), Caffeine: 11.34mg (3.78%), Protein: 7.83g (15.66%), Manganese: 0.6mg (30.07%), Phosphorus: 241.59mg (24.16%), Calcium: 241.55mg (24.15%), Copper: 0.47mg (23.6%), Magnesium: 69.03mg (17.26%), Vitamin B12: 0.99µg (16.47%), Vitamin B2: 0.27mg (16.03%), Zinc: 2.12mg (14.17%), Iron: 2.48mg (13.78%), Vitamin D: 2.01µg (13.42%), Potassium: 394.2mg (11.26%), Fiber: 2.35g (9.41%), Vitamin B1: 0.12mg (8.23%), Vitamin B5: 0.71mg (7.07%), Selenium: 4.78µg (6.82%), Vitamin A: 296.46IU (5.93%), Vitamin B6: 0.12mg (5.79%), Vitamin B3: 0.39mg (1.94%), Vitamin K: 1.92µg (1.83%)