

## Hot Chocolate

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



402 kcal

BEVERAGE

DRINK

### Ingredients

- 4 ounces pieces
- 2 teaspoons rum dark
- 1 teaspoon ground cinnamon
- 0.5 cup heavy cream
- 0.1 teaspoon orange zest grated
- 8 servings rum to taste
- 4 ounces bittersweet chocolate
- 2 tablespoons sugar

- 1 tablespoon butter unsalted
- 8 servings whipped cream
- 6 cups milk whole

## Equipment

- sauce pan
- whisk

## Directions

- Heat the milk (or a mixture of cream and milk for a richer result) until it simmers and whisk it into the chocolate.
- Pour into individual cups and serve with rum or whipped cream, if using. Top with chocolate shavings.
- In a medium saucepan over low heat, bring the cream, sugar, cinnamon and butter to a rolling boil.
- Remove from the heat, add the chocolate and stir until the chocolate melts.
- Add the rum and stir in the orange zest before serving.

## Nutrition Facts



## Properties

Glycemic Index:24.76, Glycemic Load:5.76, Inflammation Score:-6, Nutrition Score:11.272608668908%

## Nutrients (% of daily need)

Calories: 402.22kcal (20.11%), Fat: 24.85g (38.23%), Saturated Fat: 14.8g (92.5%), Carbohydrates: 27.78g (9.26%), Net Carbohydrates: 25.37g (9.23%), Sugar: 23.12g (25.69%), Cholesterol: 48.79mg (16.26%), Sodium: 77.28mg (3.36%), Alcohol: 5.43g (100%), Alcohol %: 2.71% (100%), Caffeine: 24.38mg (8.13%), Protein: 8.38g (16.75%), Phosphorus: 273.74mg (27.37%), Calcium: 261.55mg (26.15%), Manganese: 0.43mg (21.5%), Magnesium: 73.75mg (18.44%), Copper: 0.36mg (18.13%), Vitamin B12: 1.08µg (18.06%), Vitamin B2: 0.3mg (17.66%), Vitamin D: 2.3µg (15.34%), Potassium: 460.14mg (13.15%), Vitamin A: 615IU (12.3%), Zinc: 1.57mg (10.48%), Iron: 1.84mg (10.22%), Fiber: 2.4g (9.62%), Selenium: 6.43µg (9.19%), Vitamin B5: 0.83mg (8.27%), Vitamin B1: 0.12mg (7.86%), Vitamin B6: 0.13mg (6.48%), Vitamin K: 3.38µg (3.22%), Vitamin E: 0.48mg (3.2%), Vitamin B3: 0.45mg (2.25%)