



Hot Chocolate



Gluten Free



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



443 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 cups milk whole
- ☐ 8 ounces chocolate 60% (cacao, preferably)
- ☐ 3 teaspoons powdered sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 0.1 teaspoon salt

Equipment

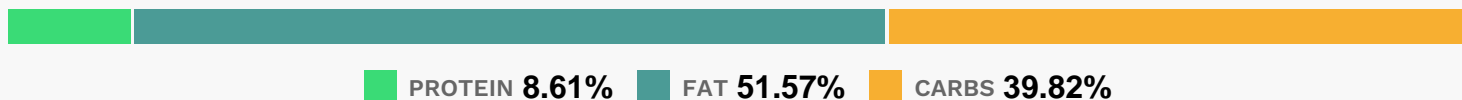
- ☐ frying pan
- ☐ whisk

☐ pot

Directions

- ☐ Finely chop the chocolate into small pieces. The pieces have to be able to dissolve easily in the liquid.
- ☐ Place the milk into a small, thick-bottomed pot on low heat and bring to a low simmer.
- ☐ Whisk once in a while to ensure that the milk doesn't stick to the bottom of the pan.
- ☐ If you plan to steep herbs or spices, add the herbs or spices to the milk, bring to a simmer then take off heat and allow to steep for 10 minutes. Strain the liquid then place back into the pot and return to a simmer.
- ☐ Add the vanilla, powdered sugar, salt, and chocolate and whisk vigorously until the chocolate has melted.
- ☐ If using liquors add them to the chocolate.
- ☐ Heat for another 4 minutes, constantly stirring.
- ☐ Serve.
- ☐ Add a dollop of whipped cream if you want.
- ☐ Favorite Variations
 - ☐ Steep a vanilla bean and a cinnamon stick in the milk while simmering. After whisking in the chocolate and letting it rest and reheat, cool it down a tad with a small bit of cream and throw some orange zest on top to perk it all up. Very Parisian.
 - ☐ A teaspoon of Chinese five spice does wonders and gives it a slightly oriental kick. A fabulous twist on hot chocolate. Another viable alternative is Chai spice for something a bit more familiar.
 - ☐ Some edible lavender and lemon zest in white hot chocolate are aromatic and perfect for anyone with a sweet tooth.
 - ☐ I like rum in my hot chocolate. Rum is good.

Nutrition Facts



Properties

Glycemic Index:20.15, Glycemic Load:17.59, Inflammation Score:-5, Nutrition Score:12.59347816913%

Nutrients (% of daily need)

Calories: 442.58kcal (22.13%), Fat: 27.2g (41.85%), Saturated Fat: 15.92g (99.52%), Carbohydrates: 47.26g (15.75%), Net Carbohydrates: 44.15g (16.05%), Sugar: 42.52g (47.24%), Cholesterol: 29.28mg (9.76%), Sodium: 174.58mg (7.59%), Alcohol: 0.34g (100%), Alcohol %: 0.14% (100%), Caffeine: 37.42mg (12.47%), Protein: 10.22g (20.43%), Phosphorus: 329.85mg (32.98%), Calcium: 313.9mg (31.39%), Vitamin B2: 0.47mg (27.88%), Magnesium: 93.47mg (23.37%), Vitamin B12: 1.32µg (21.96%), Vitamin D: 2.68µg (17.89%), Copper: 0.33mg (16.44%), Potassium: 531.95mg (15.2%), Manganese: 0.29mg (14.62%), Fiber: 3.12g (12.47%), Zinc: 1.85mg (12.35%), Vitamin B1: 0.15mg (9.87%), Vitamin B5: 0.95mg (9.51%), Selenium: 6.23µg (8.9%), Iron: 1.57mg (8.71%), Vitamin B6: 0.17mg (8.67%), Vitamin A: 395.28IU (7.91%), Vitamin K: 4.3µg (4.1%), Vitamin B3: 0.64mg (3.2%), Vitamin E: 0.27mg (1.8%)