



Hot Chocolate Bar

READY IN



25 min.

SERVINGS



4

CALORIES



426 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 servings espresso shots
- ☐ 1 tablespoon ground cinnamon
- ☐ 4 servings marshmallows mini
- ☐ 0.3 cup sugar
- ☐ 0.5 cup sugar
- ☐ 1 toffee candy bar crumbled recommended: Heath Bar
- ☐ 0.3 cup cocoa unsweetened
- ☐ 1 vanilla pod
- ☐ 4.5 cups milk whole

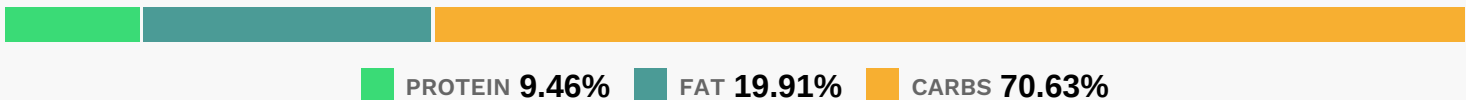
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ knife

Directions

- ☐ Watch how to make this recipe.
- ☐ In a medium saucepan, heat 4 cups of the milk over low heat, being very careful not to let the milk boil. In a small bowl, mix together the cocoa, sugar, and the remaining 1/2 cup milk.
- ☐ Add the cocoa mixture to the warm milk, and continue to warm the cocoa until hot.
- ☐ Pour into 4 mugs and serve along with the garnishes.
- ☐ On a large serving tray, arrange the mugs of hot chocolate, a small pitcher of espresso shots, a bowl of crumbled toffee candy bar, a bowl of mini-marshmallows, and a bowl of Cinnamon-Sugar. Invite your guests to flavor and garnish their hot chocolate as they desire.;
- ☐ Cut the vanilla bean in half, lengthwise. Using the back of a knife, scrape along the inside of the vanilla bean to collect the seeds. Scrape vanilla bean seeds into a small bowl.
- ☐ Add sugar and cinnamon and stir to combine. Set aside in a small serving bowl.;

Nutrition Facts



Properties

Glycemic Index:60.92, Glycemic Load:45.82, Inflammation Score:-5, Nutrition Score:12.640869509915%

Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 426.04kcal (21.3%), Fat: 10g (15.38%), Saturated Fat: 5.6g (35.03%), Carbohydrates: 79.77g (26.59%), Net Carbohydrates: 76.68g (27.88%), Sugar: 68.2g (75.77%), Cholesterol: 33mg (11%), Sodium: 131.03mg (5.7%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Caffeine: 14.48mg (4.83%), Protein: 10.68g (21.37%), Calcium: 365.86mg (36.59%), Phosphorus: 320.45mg (32.04%), Manganese: 0.57mg (28.55%), Vitamin B12: 1.48µg (24.71%), Vitamin B2: 0.4mg (23.63%), Vitamin D: 3.02µg (20.13%), Magnesium: 62.36mg (15.59%), Potassium: 505.47mg (14.44%), Fiber: 3.09g (12.35%), Copper: 0.25mg (12.27%), Vitamin B1: 0.16mg (10.58%), Vitamin B5: 1.05mg (10.46%), Zinc: 1.54mg (10.3%), Selenium: 6.78µg (9.69%), Vitamin A: 450.59IU (9.01%), Vitamin B6: 0.18mg (8.89%), Iron: 1mg (5.57%), Vitamin B3: 0.51mg (2.54%), Vitamin K: 1.58µg (1.51%), Vitamin E: 0.19mg (1.26%)