



Hot chocolate milkshakes

 **Gluten Free**  **Popular**

READY IN



12 min.

SERVINGS



6

CALORIES



463 kcal

DESSERT

BEVERAGE

DRINK

Ingredients

- 200 g chocolate plain 70% (we used cocoa)
- 600 ml milk
- 6 servings whipped cream
- 6 servings marshmallows mini

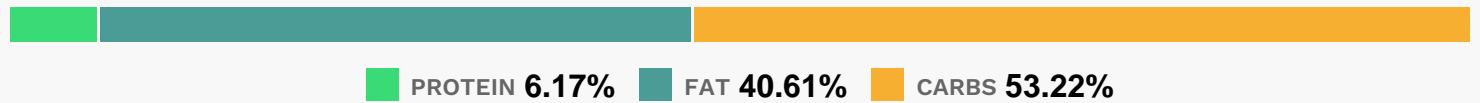
Equipment

- frying pan
- ladle
- whisk

Directions

- Break 200g plain chocolate (I used 70% cocoa) into cubes and put into a pan with 600ml full-fat milk. Gently heat until the chocolate melts, then bring almost to the boil, whisking regularly until even and smooth. Can be made ahead, then chilled for up to 2 days.
- Re-heat if necessary, whisking, then ladle or pour into heatproof glasses or mugs. Top with scoops vanilla ice cream and mini marshmallows.
- Add a nip of rum or brandy for the adults, if you like.

Nutrition Facts



Properties

Glycemic Index:33.68, Glycemic Load:33.58, Inflammation Score:-4, Nutrition Score:8.8447825532892%

Nutrients (% of daily need)

Calories: 462.9kcal (23.14%), Fat: 22.02g (33.88%), Saturated Fat: 13.11g (81.94%), Carbohydrates: 64.92g (21.64%), Net Carbohydrates: 62.59g (22.76%), Sugar: 53.39g (59.33%), Cholesterol: 41.42mg (13.81%), Sodium: 121.32mg (5.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 22mg (7.33%), Protein: 7.53g (15.07%), Phosphorus: 224.86mg (22.49%), Vitamin B2: 0.38mg (22.41%), Calcium: 220.23mg (22.02%), Magnesium: 59.88mg (14.97%), Vitamin B12: 0.81µg (13.57%), Copper: 0.24mg (11.83%), Potassium: 384.21mg (10.98%), Fiber: 2.33g (9.3%), Zinc: 1.39mg (9.27%), Vitamin A: 444.94IU (8.9%), Manganese: 0.18mg (8.82%), Vitamin D: 1.27µg (8.44%), Vitamin B5: 0.79mg (7.93%), Selenium: 4.59µg (6.56%), Vitamin B1: 0.09mg (6.12%), Iron: 1.05mg (5.82%), Vitamin B6: 0.11mg (5.49%), Vitamin K: 2.61µg (2.48%), Vitamin E: 0.34mg (2.24%), Vitamin B3: 0.43mg (2.16%), Folate: 4.6µg (1.15%)