



Hot Chocolate Mix



Gluten Free



Low Fod Map

READY IN



5 min.

SERVINGS



14

CALORIES



180 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 cups marshmallows miniature
- ☐ 9.6 ounce nonfat milk dry
- ☐ 1.5 cups powdered sugar
- ☐ 1 cup cocoa unsweetened

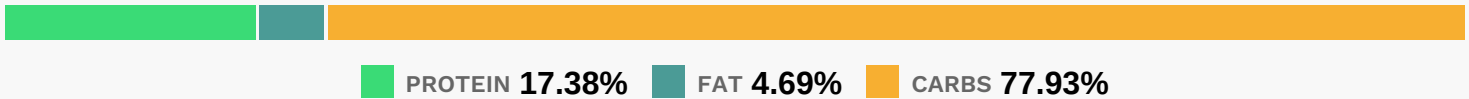
Equipment

- ☐ bowl

Directions

- ☐ Stir together nonfat dry milk, miniature marshmallows, powdered sugar, and unsweetened cocoa in a large bowl. Store chocolate mixture in an airtight container at room temperature.
- ☐ [B "Hot Chocolate:"] Stir 1/2 cup Hot Chocolate
- ☐ Mix into 1 cup hot milk.
- ☐ Serve Hot Chocolate immediately. Makes 1 serving. Prep: 5 min.

Nutrition Facts



Properties

Glycemic Index:4.32, Glycemic Load:7.02, Inflammation Score:-5, Nutrition Score:9.0808696309509%

Flavonoids

Catechin: 3.98mg, Catechin: 3.98mg, Catechin: 3.98mg, Catechin: 3.98mg Epicatechin: 12.07mg, Epicatechin: 12.07mg, Epicatechin: 12.07mg, Epicatechin: 12.07mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 179.82kcal (8.99%), Fat: 1.02g (1.57%), Saturated Fat: 0.6g (3.75%), Carbohydrates: 38.11g (12.7%), Net Carbohydrates: 35.82g (13.03%), Sugar: 31.02g (34.47%), Cholesterol: 3.89mg (1.3%), Sodium: 116.98mg (5.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 14.13mg (4.71%), Protein: 8.5g (17%), Calcium: 253.36mg (25.34%), Phosphorus: 234.41mg (23.44%), Vitamin B2: 0.32mg (18.75%), Vitamin D: 2.14µg (14.26%), Magnesium: 52.32mg (13.08%), Vitamin B12: 0.78µg (13.06%), Copper: 0.26mg (12.78%), Potassium: 442.31mg (12.64%), Manganese: 0.24mg (12.06%), Selenium: 6.51µg (9.29%), Fiber: 2.29g (9.15%), Vitamin A: 423.59IU (8.47%), Zinc: 1.22mg (8.12%), Vitamin B5: 0.71mg (7.1%), Vitamin B1: 0.09mg (5.71%), Iron: 0.96mg (5.31%), Vitamin B6: 0.08mg (3.89%), Folate: 11.83µg (2.96%), Vitamin B3: 0.33mg (1.65%), Vitamin C: 1.32mg (1.6%)