



Hot Chocolate Mix II

 Vegetarian

READY IN



45 min.

SERVINGS



14

CALORIES



410 kcal

BEVERAGE

DRINK

Ingredients

- 2 cups powdered sugar
- 16 ounce liquid malt extract instant
- 6 ounces non-dairy creamer like mimiccreme
- 25.6 ounces skim milk powder dry

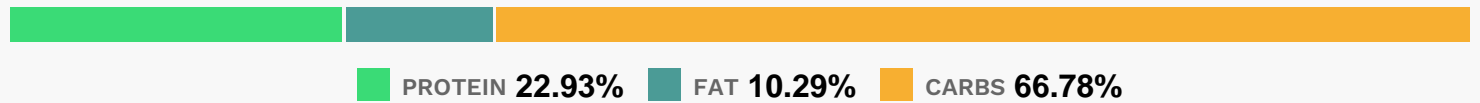
Equipment

- bowl

Directions

- In a large bowl, combine dry milk, non-dairy creamer, confectioners' sugar, and instant chocolate drink mix.
- Mix well. Put in a large airtight container. Label and store in a cool dry place. Best if used within 6 months.
- To make Hot Chocolate, add 3 tablespoons mix to 1 cup of hot water, and stir well.
- Add mini marshmallows if desired.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-8, Nutrition Score:22.069130617639%

Nutrients (% of daily need)

Calories: 409.72kcal (20.49%), Fat: 4.7g (7.22%), Saturated Fat: 2.04g (12.73%), Carbohydrates: 68.55g (22.85%), Net Carbohydrates: 68.52g (24.91%), Sugar: 60.56g (67.29%), Cholesterol: 18.15mg (6.05%), Sodium: 417.31mg (18.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.54g (47.07%), Calcium: 751.63mg (75.16%), Vitamin B2: 1.11mg (65.04%), Phosphorus: 626.06mg (62.61%), Vitamin B12: 2.35µg (39.17%), Vitamin D: 5.71µg (38.05%), Potassium: 1197.96mg (34.23%), Selenium: 19.72µg (28.17%), Vitamin B1: 0.38mg (25.26%), Vitamin A: 1205.07IU (24.1%), Magnesium: 87.21mg (21.8%), Vitamin B5: 2.05mg (20.54%), Zinc: 2.44mg (16.28%), Vitamin B6: 0.32mg (16.01%), Vitamin B3: 2.19mg (10.97%), Folate: 40.85µg (10.21%), Vitamin C: 4.47mg (5.42%), Manganese: 0.09mg (4.39%), Copper: 0.09mg (4.36%), Iron: 0.41mg (2.26%), Vitamin K: 2.11µg (2%), Vitamin E: 0.22mg (1.43%)