

Hot Chocolate Mix II



Vegetarian



Gluten Free



Low Fod Map

READY IN



5 min.

SERVINGS



66

CALORIES



48 kcal

BEVERAGE

DRINK

Ingredients



16 ounces milk powder dry



0.8 cup cocoa powder unsweetened



1 cup sugar white

Equipment

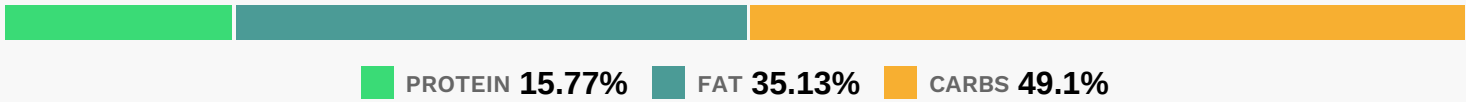
Directions



Sift together milk powder, white sugar and cocoa powder. Store in an airtight container.

To prepare, stir approximately 2 heaping teaspoons of mix into 1 cup of hot water.

Nutrition Facts



Properties

Glycemic Index:1.74, Glycemic Load:3.3, Inflammation Score:-1, Nutrition Score:2.1565217628427%

Flavonoids

Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg Epicatechin: 1.92mg, Epicatechin: 1.92mg, Epicatechin: 1.92mg, Epicatechin: 1.92mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 47.98kcal (2.4%), Fat: 1.98g (3.04%), Saturated Fat: 1.23g (7.67%), Carbohydrates: 6.22g (2.07%), Net Carbohydrates: 5.86g (2.13%), Sugar: 5.68g (6.31%), Cholesterol: 6.67mg (2.22%), Sodium: 25.73mg (1.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2g (4%), Calcium: 63.96mg (6.4%), Phosphorus: 60.5mg (6.05%), Vitamin B2: 0.09mg (5.02%), Vitamin D: 0.72µg (4.81%), Vitamin B12: 0.22µg (3.72%), Potassium: 106.32mg (3.04%), Magnesium: 10.72mg (2.68%), Copper: 0.04mg (2.14%), Manganese: 0.04mg (2.02%), Zinc: 0.3mg (1.98%), Selenium: 1.28µg (1.83%), Vitamin B5: 0.16mg (1.59%), Fiber: 0.36g (1.45%), Vitamin B1: 0.02mg (1.35%), Vitamin A: 64.19IU (1.28%), Vitamin B6: 0.02mg (1.1%)