



Hot Chocolate Supreme

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



342 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup cocoa powder
- 2 cups milk
- 0.3 teaspoon salt
- 1 cup sugar
- 5 cups water
- 8 servings marshmallows mini
- 1 cup whipping cream

Equipment

sauce pan

whisk

Directions

Combine sugar, cocoa and salt in a saucepan; whisk in water. Bring to a boil over high heat, stirring until sugar is completely dissolved. Reduce heat to medium; add milk and cream.

Heat thoroughly and keep warm over low heat. If desired, serve topped with marshmallows or whipped topping and peppermint sticks.

Nutrition Facts

PROTEIN 4.87% **FAT 33.52%** **CARBS 61.61%**

Properties

Glycemic Index:21.07, Glycemic Load:33.27, Inflammation Score:-4, Nutrition Score:5.7726087013017%

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: 341.65kcal (17.08%), Fat: 13.57g (20.87%), Saturated Fat: 8.43g (52.67%), Carbohydrates: 56.1g (18.7%), Net Carbohydrates: 54.08g (19.66%), Sugar: 46.13g (51.25%), Cholesterol: 40.94mg (13.65%), Sodium: 136.66mg (5.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.36mg (4.12%), Protein: 4.44g (8.88%), Copper: 0.26mg (13.11%), Phosphorus: 120.72mg (12.07%), Calcium: 107.18mg (10.72%), Vitamin A: 536.15IU (10.72%), Manganese: 0.21mg (10.63%), Magnesium: 38.3mg (9.58%), Vitamin B2: 0.16mg (9.3%), Fiber: 2.02g (8.07%), Vitamin D: 1.15µg (7.65%), Vitamin B12: 0.38µg (6.28%), Potassium: 203.48mg (5.81%), Selenium: 3.48µg (4.97%), Zinc: 0.72mg (4.78%), Iron: 0.86mg (4.77%), Vitamin B5: 0.32mg (3.19%), Vitamin B1: 0.04mg (2.97%), Vitamin B6: 0.05mg (2.74%), Vitamin E: 0.31mg (2.06%), Vitamin K: 1.27µg (1.21%), Vitamin B3: 0.22mg (1.12%)