



Hot Chocolate-Toffee

 Gluten Free

READY IN



11 min.

SERVINGS



4

CALORIES



546 kcal

SIDE DISH

Ingredients

- ☐ 6 ounces bittersweet chocolate chopped
- ☐ 2 ounces butterscotch chips
- ☐ 0.5 cup sugar
- ☐ 1 toffee bar chopped (recommended: Heath Bar)
- ☐ 0.5 cup water
- ☐ 1 canister whipped cream prepared
- ☐ 4 cups milk whole

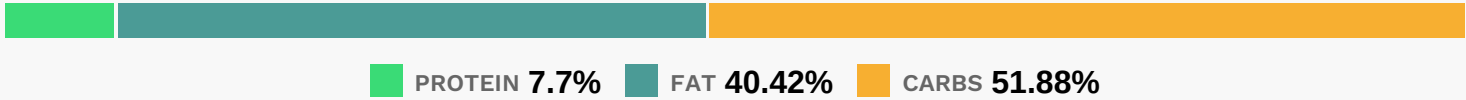
Equipment

- ☐ whisk
- ☐ pot

Directions

- ☐ In a medium heavy bottomed sauce pot, heat milk, water and sugar to a boil, then remove from heat and whisk in chocolate and butterscotch chips until they melt into the milk.
- ☐ Pour into small mugs or cups and top with whipped cream and crushed
- ☐ Heath bar toffee pieces.

Nutrition Facts



Properties

Glycemic Index:40.77, Glycemic Load:21.8, Inflammation Score:-5, Nutrition Score:14.438260804052%

Nutrients (% of daily need)

Calories: 546.27kcal (27.31%), Fat: 24.78g (38.13%), Saturated Fat: 14.27g (89.21%), Carbohydrates: 71.59g (23.86%), Net Carbohydrates: 68.18g (24.79%), Sugar: 63.88g (70.98%), Cholesterol: 33.35mg (11.12%), Sodium: 155.02mg (6.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 36.57mg (12.19%), Protein: 10.62g (21.25%), Phosphorus: 357.37mg (35.74%), Calcium: 328.45mg (32.85%), Manganese: 0.57mg (28.72%), Copper: 0.54mg (26.99%), Magnesium: 104.45mg (26.11%), Vitamin B12: 1.39µg (23.25%), Vitamin B2: 0.36mg (21.46%), Vitamin D: 2.68µg (17.9%), Potassium: 608.41mg (17.38%), Iron: 2.7mg (15.01%), Zinc: 2.15mg (14.31%), Fiber: 3.41g (13.63%), Selenium: 8.45µg (12.07%), Vitamin B5: 1.04mg (10.39%), Vitamin B1: 0.15mg (10.14%), Vitamin A: 432.43IU (8.65%), Vitamin B6: 0.16mg (8.17%), Vitamin K: 3.84µg (3.66%), Vitamin B3: 0.61mg (3.07%), Vitamin E: 0.39mg (2.58%)