



Hot Chocolate With Almond Liqueur

 Vegetarian  Gluten Free

READY IN



18 min.

SERVINGS



10

CALORIES



119 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup almond liqueur
- ☐ 0.3 cup chocolate syrup
- ☐ 4 cups milk
- ☐ 0.3 cup water boiling
- ☐ 10 servings garnishes: whipped cream

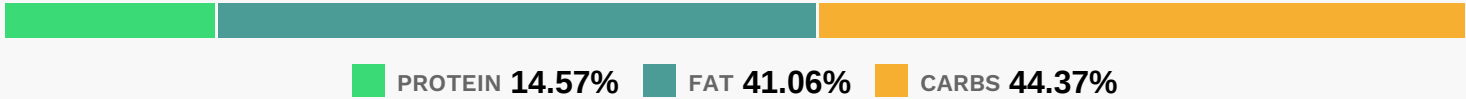
Equipment

- ☐ sauce pan

Directions

- ☐ Stir together boiling water and chocolate syrup in a medium saucepan; add milk, stirring until blended. Cook over medium heat 6 to 8 minutes or until thoroughly heated.
- ☐ Remove from heat, and stir in liqueur.
- ☐ Garnish, if desired.
- ☐ Note: For testing purposes only, we used Amaretto for almond liqueur.
- ☐ Hot Chocolate With Hazelnut Liqueur: Substitute hazelnut liqueur for almond liqueur. Proceed with recipe as directed.
- ☐ Note: For testing purposes only, we used Frangelico for hazelnut liqueur.

Nutrition Facts



Properties

Glycemic Index:5.3, Glycemic Load:1.8, Inflammation Score:-2, Nutrition Score:6.3739130208674%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 119kcal (5.95%), Fat: 5.64g (8.68%), Saturated Fat: 2.06g (12.85%), Carbohydrates: 13.71g (4.57%), Net Carbohydrates: 11.79g (4.29%), Sugar: 9.91g (11.01%), Cholesterol: 11.71mg (3.9%), Sodium: 44.83mg (1.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.5g (9%), Manganese: 0.5mg (25.02%), Calcium: 154.49mg (15.45%), Phosphorus: 135.68mg (13.57%), Vitamin B2: 0.19mg (11.46%), Vitamin E: 1.32mg (8.78%), Vitamin B12: 0.53µg (8.78%), Magnesium: 32.34mg (8.09%), Fiber: 1.92g (7.67%), Vitamin D: 1.07µg (7.16%), Potassium: 212.36mg (6.07%), Copper: 0.11mg (5.45%), Zinc: 0.66mg (4.39%), Vitamin B1: 0.07mg (4.38%), Vitamin B5: 0.39mg (3.95%), Vitamin B6: 0.07mg (3.49%), Vitamin A: 164.06IU (3.28%), Selenium: 2.25µg (3.22%), Iron: 0.55mg (3.08%), Vitamin B3: 0.33mg (1.67%)