



Hot Chocolate with Ginger

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



252 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup chocolate syrup fat-free
- 0.3 cup ginger fresh peeled chopped
- 4 cups milk 1% reduced-fat
- 2 tablespoons sugar
- 2 tablespoons water

Equipment

- frying pan
- sauce pan

whisk

sieve

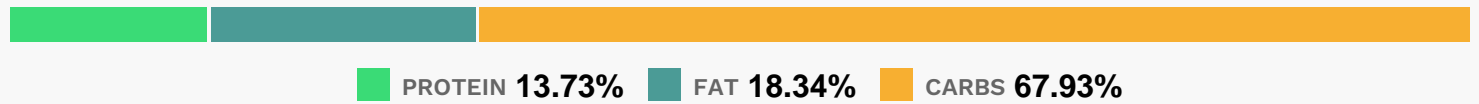
Directions

Combine first 3 ingredients in a medium saucepan; cook over medium-high heat until sugar dissolves and is golden (about 5 minutes), stirring frequently.

Remove from heat; cool slightly. Stir in milk and syrup; cook over medium-low heat, stirring with a whisk.

Heat to 180 or until tiny bubbles form around edge of pan, stirring frequently (do not boil). Strain mixture through a sieve; discard solids.

Nutrition Facts



Properties

Glycemic Index:21.27, Glycemic Load:4.38, Inflammation Score:-4, Nutrition Score:9.2291304002637%

Nutrients (% of daily need)

Calories: 252.13kcal (12.61%), Fat: 5.18g (7.96%), Saturated Fat: 3.18g (19.86%), Carbohydrates: 43.14g (14.38%), Net Carbohydrates: 42g (15.27%), Sugar: 36.68g (40.76%), Cholesterol: 18.88mg (6.29%), Sodium: 139.4mg (6.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.72g (17.44%), Calcium: 290.02mg (29%), Vitamin B2: 0.46mg (27.01%), Phosphorus: 268.21mg (26.82%), Vitamin B12: 1.25µg (20.85%), Magnesium: 53.85mg (13.46%), Potassium: 447.72mg (12.79%), Copper: 0.23mg (11.29%), Manganese: 0.19mg (9.74%), Zinc: 1.44mg (9.57%), Selenium: 6.52µg (9.31%), Vitamin B5: 0.86mg (8.61%), Vitamin B1: 0.1mg (6.49%), Vitamin B6: 0.1mg (5.24%), Iron: 0.89mg (4.94%), Vitamin A: 240.72IU (4.81%), Fiber: 1.13g (4.54%), Folate: 13.43µg (3.36%), Vitamin B3: 0.4mg (1.99%), Vitamin C: 0.95mg (1.15%)