



Hot Chocolate With Hazelnut Liqueur

 Gluten Free

READY IN



18 min.

SERVINGS



10

CALORIES



91 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 cup chocolate syrup
- 0.3 cup frangelico
- 4 cups milk
- 0.3 cup water boiling
- 10 servings ground cinnamon

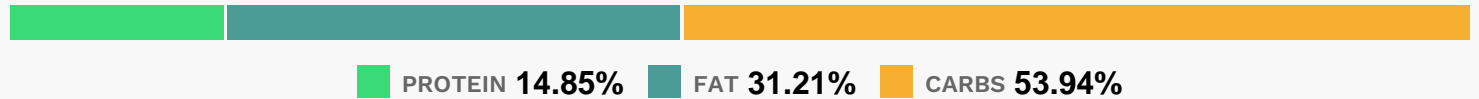
Equipment

- 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 Frangelico for hazelnut liqueur.

Nutrition Facts



Properties

Glycemic Index:4.3, Glycemic Load:1.76, Inflammation Score:-2, Nutrition Score:4.8860869436808%

Nutrients (% of daily need)

Calories: 91.4kcal (4.57%), Fat: 3.26g (5.02%), Saturated Fat: 1.87g (11.71%), Carbohydrates: 12.68g (4.23%), Net Carbohydrates: 11.36g (4.13%), Sugar: 9.7g (10.78%), Cholesterol: 11.71mg (3.9%), Sodium: 44.78mg (1.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.98%), Manganese: 0.39mg (19.57%), Calcium: 141.67mg (14.17%), Phosphorus: 112.76mg (11.28%), Vitamin B12: 0.53µg (8.78%), Vitamin B2: 0.14mg (8.27%), Vitamin D: 1.07µg (7.16%), Fiber: 1.32g (5.29%), Potassium: 177.42mg (5.07%), Magnesium: 19.47mg (4.87%), Vitamin B5: 0.37mg (3.73%), Vitamin B1: 0.06mg (3.73%), Zinc: 0.51mg (3.4%), Vitamin A: 164.01IU (3.28%), Vitamin B6: 0.06mg (3.16%), Copper: 0.06mg (3%), Selenium: 2.06µg (2.94%), Iron: 0.38mg (2.1%)