



Hot Chocolaty Vegan Cocoa



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



290 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tablespoons cocoa powder
- ☐ 12 oz rice milk
- ☐ 0.3 cup enjoy life semi-sweet chocolate chips
- ☐ 3 tablespoons sugar
- ☐ 0.1 teaspoon vanilla

Equipment

- ☐ microwave

Directions

- ☐ Mix all ingredients.
- ☐ Heat in microwave for 30 seconds; stir. Continue heating and stirring until boiling.
- ☐ Mix all ingredients. Stir constantly, heat over medium/low heat until boiling.
- ☐ Let cool to your desired temperature and enjoy.

Nutrition Facts



Properties

Glycemic Index:74.55, Glycemic Load:26.57, Inflammation Score:-2, Nutrition Score:4.9900000108325%

Flavonoids

Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg Epicatechin: 7.37mg, Epicatechin: 7.37mg, Epicatechin: 7.37mg, Epicatechin: 7.37mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 290.27kcal (14.51%), Fat: 10.36g (15.94%), Saturated Fat: 5.12g (32.01%), Carbohydrates: 49.32g (16.44%), Net Carbohydrates: 46.18g (16.79%), Sugar: 33.88g (37.65%), Cholesterol: 1.31mg (0.44%), Sodium: 67.81mg (2.95%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Caffeine: 27.44mg (9.15%), Protein: 2.79g (5.58%), Manganese: 0.44mg (21.75%), Copper: 0.42mg (20.83%), Magnesium: 57.24mg (14.31%), Fiber: 3.14g (12.55%), Iron: 1.91mg (10.63%), Phosphorus: 84.42mg (8.44%), Zinc: 0.84mg (5.58%), Potassium: 181.76mg (5.19%), Calcium: 35.58mg (3.56%), Selenium: 2.48µg (3.55%), Vitamin K: 1.67µg (1.59%), Vitamin B2: 0.02mg (1.38%), Vitamin B3: 0.27mg (1.33%)