

 1%  
HEALTH SCORE

## Hot Cocaccino

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



548 kcal

SIDE DISH

## Ingredients

- 2 pkg cocoa mix hot (like Swiss Miss)
- 1 cup milk
- 0.5 cup half and half light
- 1 tsp espresso powder instant
- 0.5 cup marshmallows mini
- 0.3 cup chocolate syrup (I used U-Bet)
- 2 servings non-dairy whipped topping for garnish
- 2 servings sprinkles sifted for garnish

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## Equipment

sauce pan

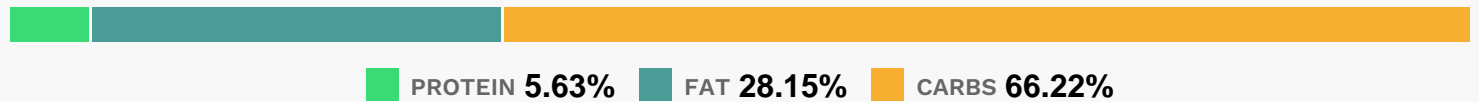
## Directions

Heat milk and half and half in medium saucepan until very hot; remove from heat.

Add hot cocoa mix and instant coffee. Stir well and pour into mugs or cups.

Top with mini marshmallows, then drizzle chocolate syrup over marshmallows. Top with whipped topping and spinkles/cocoa powder.

## Nutrition Facts



## Properties

Glycemic Index:49.25, Glycemic Load:8.31, Inflammation Score:-4, Nutrition Score:8.3969565217391%

## Taste

Sweetness: 100%, Saltiness: 16.7%, Sourness: 8.64%, Bitterness: 5.55%, Savoriness: 13.32%, Fattiness: 32.52%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 547.58kcal (27.38%), Fat: 17.66g (27.17%), Saturated Fat: 11.47g (71.71%), Carbohydrates: 93.51g (31.17%), Net Carbohydrates: 91.41g (33.24%), Sugar: 79.35g (88.16%), Cholesterol: 35.91mg (11.97%), Sodium: 361.69mg (15.73%), Caffeine: 17.95mg (5.98%), Protein: 7.94g (15.89%), Calcium: 252.32mg (25.23%), Phosphorus: 234.92mg (23.49%), Vitamin B2: 0.31mg (18.18%), Vitamin B12: 0.78µg (13.05%), Magnesium: 47.27mg (11.82%), Copper: 0.21mg (10.6%), Potassium: 369.73mg (10.56%), Vitamin D: 1.34µg (8.95%), Fiber: 2.11g (8.43%), Vitamin A: 418.22IU (8.36%), Manganese: 0.16mg (7.91%), Iron: 1.38mg (7.67%), Selenium: 5.16µg (7.38%), Zinc: 1.02mg (6.81%), Vitamin B5: 0.64mg (6.36%), Vitamin B1: 0.09mg (6.06%), Vitamin B6: 0.11mg (5.42%), Vitamin B3: 0.47mg (2.35%), Vitamin E: 0.24mg (1.62%), Vitamin K: 1.49µg (1.42%)