



## Hot Cocoa

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



546 kcal

BEVERAGE

DRINK

## Ingredients

- 1 pinch cayenne pepper to taste
- 1 cup cocoa (Dutch-process preferred)
- 2 teaspoons cornstarch
- 2.5 cups powdered milk
- 2 cups powdered sugar
- 1 teaspoon salt
- 5 servings water hot

## Equipment

mixing bowl

pot

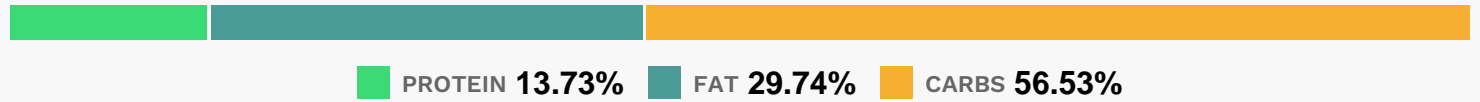
## Directions

Watch how to make this recipe.

Combine all ingredients in a mixing bowl and incorporate evenly. In a small pot, heat 4 to 6 cups of water.

Fill your mug half full with the mixture and pour in hot water. Stir to combine. Seal the rest in an airtight container, keeps indefinitely in the pantry. This also works great with warm milk.

## Nutrition Facts



## Properties

Glycemic Index:15.4, Glycemic Load:11.06, Inflammation Score:-7, Nutrition Score:23.714347683865%

## Flavonoids

Catechin: 11.15mg, Catechin: 11.15mg, Catechin: 11.15mg, Catechin: 11.15mg Epicatechin: 33.79mg, Epicatechin: 33.79mg, Epicatechin: 33.79mg, Epicatechin: 33.79mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

## Nutrients (% of daily need)

Calories: 546.49kcal (27.32%), Fat: 19.45g (29.92%), Saturated Fat: 12.08g (75.48%), Carbohydrates: 83.18g (27.73%), Net Carbohydrates: 76.8g (27.93%), Sugar: 71.82g (79.8%), Cholesterol: 62.08mg (20.69%), Sodium: 719.02mg (31.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 39.56mg (13.19%), Protein: 20.21g (40.42%), Phosphorus: 623.05mg (62.31%), Calcium: 613.61mg (61.36%), Vitamin B2: 0.82mg (48.16%), Vitamin D: 6.72µg (44.8%), Copper: 0.75mg (37.26%), Magnesium: 142.66mg (35.67%), Vitamin B12: 2.08µg (34.67%), Manganese: 0.69mg (34.48%), Potassium: 1114.12mg (31.83%), Fiber: 6.38g (25.51%), Zinc: 3.34mg (22.26%), Selenium: 13.2µg (18.86%), Iron: 2.73mg (15.16%), Vitamin B5: 1.5mg (14.97%), Vitamin B1: 0.19mg (12.97%), Vitamin A: 606.08IU (12.12%), Vitamin B6: 0.21mg (10.7%), Folate: 29.21µg (7.3%), Vitamin C: 5.52mg (6.69%), Vitamin B3: 0.79mg (3.95%), Vitamin E: 0.39mg (2.63%), Vitamin K: 1.85µg (1.77%)