

Hot Cocoa Mix



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



45

CALORIES



211 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4.8 cups confectioners' sugar sifted
- ☐ 10 cups milk powder dry
- ☐ 1.8 cups powdered non-dairy creamer
- ☐ 1.8 cups cocoa powder unsweetened

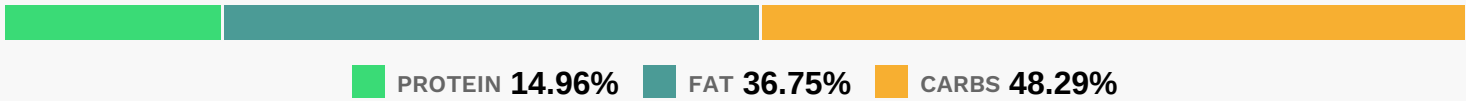
Equipment

- ☐ mixing bowl

Directions

- ☐ In a large mixing bowl, combine milk powder, confectioner's sugar, cocoa powder, and creamer. Stir till thoroughly combined. Store cocoa mixture in an airtight container. Makes about 15 cups mix, or enough for about 45 servings.
- ☐ For 1 serving, place 1/3 cup cocoa mixture in a coffee cup or mug, and add 3/4 cup boiling water. Stir to dissolve. Top with dollop of whipped cream or a few marshmallows, if desired.

Nutrition Facts



Properties

Glycemic Index:1, Glycemic Load:4.92, Inflammation Score:-4, Nutrition Score:8.7169564599576%

Flavonoids

Catechin: 2.17mg, Catechin: 2.17mg, Catechin: 2.17mg, Catechin: 2.17mg Epicatechin: 6.57mg, Epicatechin: 6.57mg, Epicatechin: 6.57mg, Epicatechin: 6.57mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 210.68kcal (10.53%), Fat: 8.98g (13.82%), Saturated Fat: 5.2g (32.51%), Carbohydrates: 26.56g (8.85%), Net Carbohydrates: 25.33g (9.21%), Sugar: 24.43g (27.15%), Cholesterol: 27.59mg (9.2%), Sodium: 112.74mg (4.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 7.69mg (2.56%), Protein: 8.23g (16.46%), Calcium: 264.66mg (26.47%), Phosphorus: 251.25mg (25.13%), Vitamin B2: 0.35mg (20.69%), Vitamin D: 2.99µg (19.91%), Vitamin B12: 0.92µg (15.41%), Potassium: 447.23mg (12.78%), Magnesium: 40.87mg (10.22%), Zinc: 1.18mg (7.87%), Selenium: 5.29µg (7.56%), Copper: 0.15mg (7.52%), Manganese: 0.14mg (7.01%), Vitamin B5: 0.65mg (6.54%), Vitamin B1: 0.08mg (5.54%), Vitamin A: 267.07IU (5.34%), Fiber: 1.24g (4.95%), Vitamin B6: 0.09mg (4.49%), Iron: 0.61mg (3.38%), Vitamin C: 2.45mg (2.97%), Folate: 11.59µg (2.9%), Vitamin E: 0.24mg (1.63%), Vitamin B3: 0.26mg (1.28%)