



Hot Cocoa Mix

 Gluten Free

READY IN



5 min.

SERVINGS



12

CALORIES



289 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cups confectioners' sugar
- ☐ 0.3 cup cornstarch
- ☐ 0.8 cup marshmallows miniature
- ☐ 3 cups powdered milk instant
- ☐ 0.5 teaspoon salt
- ☐ 2 cups cocoa unsweetened

Equipment

- ☐ bowl

☐

whisk

Directions

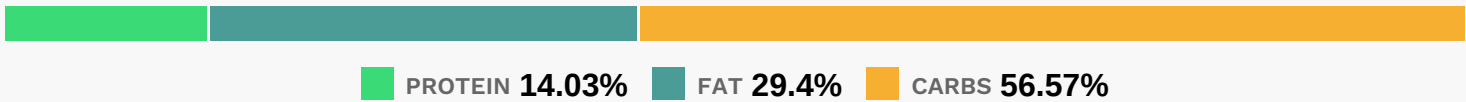
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Sift all ingredients except marshmallows into a bowl.

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Whisk to combine.

Nutrition Facts



Properties

Glycemic Index:8.79, Glycemic Load:7.06, Inflammation Score:-6, Nutrition Score:14.236521632775%

Flavonoids

Catechin: 9.29mg, Catechin: 9.29mg, Catechin: 9.29mg, Catechin: 9.29mg Epicatechin: 28.16mg, Epicatechin: 28.16mg, Epicatechin: 28.16mg, Epicatechin: 28.16mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 289.3kcal (14.46%), Fat: 10.52g (16.18%), Saturated Fat: 6.5g (40.64%), Carbohydrates: 45.52g (15.17%), Net Carbohydrates: 40.19g (14.61%), Sugar: 33.9g (37.67%), Cholesterol: 31.04mg (10.35%), Sodium: 221.76mg (9.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 32.97mg (10.99%), Protein: 11.29g (22.58%), Phosphorus: 354.12mg (35.41%), Calcium: 310.59mg (31.06%), Copper: 0.57mg (28.73%), Manganese: 0.57mg (28.27%), Vitamin B2: 0.42mg (24.85%), Magnesium: 98.87mg (24.72%), Vitamin D: 3.36µg (22.4%), Fiber: 5.33g (21.32%), Potassium: 644.12mg (18.4%), Vitamin B12: 1.04µg (17.33%), Zinc: 2.05mg (13.67%), Iron: 2.18mg (12.08%), Selenium: 7.51µg (10.73%), Vitamin B5: 0.76mg (7.63%), Vitamin B1: 0.1mg (6.78%), Vitamin A: 298.88IU (5.98%), Vitamin B6: 0.11mg (5.68%), Folate: 16.46µg (4.11%), Vitamin C: 2.75mg (3.34%), Vitamin B3: 0.52mg (2.61%), Vitamin E: 0.2mg (1.33%), Vitamin K: 1.06µg (1.01%)