



Hot Cocoa Mix in a Jar

 Vegetarian

READY IN



10 min.

SERVINGS



8

CALORIES



712 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup powdered sugar
- 5 ounce chocolate pudding
- 1 cup liquid malt extract
- 0.5 cup non-dairy creamer like mimiccreme
- 6.5 cups powdered milk
- 0.5 cup cocoa powder unsweetened

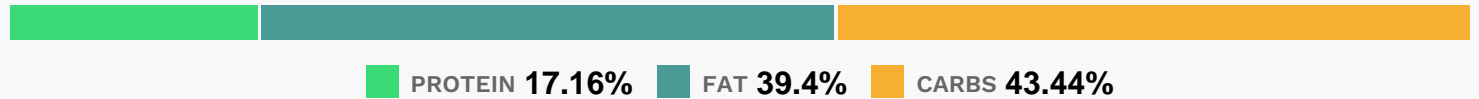
Equipment

- bowl

Directions

- In a large bowl, combine powdered milk, chocolate pudding mix, chocolate drink mix powder, creamer, confectioners' sugar, and cocoa. Divide the mixture between two 1 quart jars. Seal, and decorate as desired. These can be stored in a dry area for up to 3 months.
- Attach a tag with the following instructions: Hot Cocoa: Dissolve 1/3 cup cocoa mix in 1 cup boiling water.

Nutrition Facts



Properties

Glycemic Index:5.63, Glycemic Load:17.97, Inflammation Score:-8, Nutrition Score:31.831739311633%

Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 711.52kcal (35.58%), Fat: 31.82g (48.96%), Saturated Fat: 18.98g (118.64%), Carbohydrates: 78.94g (26.31%), Net Carbohydrates: 76.3g (27.75%), Sugar: 68.54g (76.15%), Cholesterol: 104.63mg (34.88%), Sodium: 713.65mg (31.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 13.6mg (4.53%), Protein: 31.2g (62.39%), Calcium: 1005.47mg (100.55%), Phosphorus: 924.79mg (92.48%), Vitamin B2: 1.42mg (83.29%), Vitamin D: 10.92µg (72.8%), Vitamin B12: 3.51µg (58.42%), Potassium: 1653.95mg (47.26%), Magnesium: 137.73mg (34.43%), Selenium: 20.94µg (29.91%), Zinc: 4.11mg (27.39%), Vitamin B1: 0.38mg (25.28%), Vitamin B5: 2.48mg (24.77%), Vitamin A: 1008.61IU (20.17%), Vitamin B6: 0.39mg (19.33%), Copper: 0.38mg (19.07%), Manganese: 0.35mg (17.51%), Folate: 47.92µg (11.98%), Vitamin C: 9.4mg (11.39%), Fiber: 2.64g (10.57%), Iron: 1.58mg (8.79%), Vitamin B3: 1.65mg (8.25%), Vitamin E: 0.8mg (5.32%), Vitamin K: 3.91µg (3.72%)