



Hot Cocoa Supreme



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



298 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup baking cocoa
- ☐ 2 cups milk
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 5 cups water
- ☐ 1 cup whipping cream

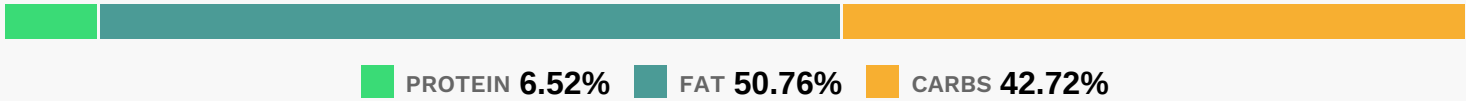
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine sugar, cocoa and salt in saucepan; whisk in water. Bring to a boil over high heat, stirring until sugar is completely dissolved. Reduce heat to medium; add milk, cream and vanilla.
- ☐ Heat through without boiling; keep warm over low heat.

Nutrition Facts



Properties

Glycemic Index:18.02, Glycemic Load:18.9, Inflammation Score:-6, Nutrition Score:7.4830434231654%

Flavonoids

Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 298.18kcal (14.91%), Fat: 17.98g (27.67%), Saturated Fat: 11.21g (70.09%), Carbohydrates: 34.06g (11.35%), Net Carbohydrates: 31.41g (11.42%), Sugar: 30.23g (33.59%), Cholesterol: 54.58mg (18.19%), Sodium: 150.18mg (6.53%), Alcohol: 0.23g (100%), Alcohol %: 0.08% (100%), Caffeine: 16.48mg (5.49%), Protein: 5.2g (10.4%), Phosphorus: 157.8mg (15.78%), Copper: 0.31mg (15.53%), Vitamin A: 714.86IU (14.3%), Calcium: 141.69mg (14.17%), Manganese: 0.28mg (14.07%), Magnesium: 50.35mg (12.59%), Vitamin B2: 0.21mg (12.32%), Fiber: 2.65g (10.61%), Vitamin D: 1.53µg (10.2%), Vitamin B12: 0.5µg (8.38%), Potassium: 270.12mg (7.72%), Zinc: 0.94mg (6.27%), Iron: 1.05mg (5.83%), Selenium: 3.91µg (5.59%), Vitamin B5: 0.42mg (4.23%), Vitamin B1: 0.06mg (3.94%), Vitamin B6: 0.07mg (3.61%), Vitamin E: 0.41mg (2.75%), Vitamin K: 1.69µg (1.61%), Vitamin B3: 0.27mg (1.35%)