



## Hot Irish Creme Mocha



Gluten Free



Low Fod Map

READY IN



10 min.

SERVINGS



8

CALORIES



217 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 0.3 cup maple pancake syrup
- ☐ 8 servings milk chocolate shavings
- ☐ 2 cups half and half
- ☐ 5 oz cocoa mix instant
- ☐ 0.3 cup powdered sugar
- ☐ 6 cups strong coffee decoction hot brewed
- ☐ 8 servings garnish: whipped cream sweetened

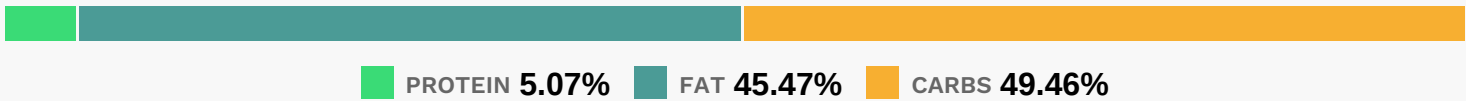
### Equipment

☐ sauce pan

Directions

- ☐ In 3-quart saucepan, mix hot coffee, cocoa mix and powdered sugar until blended. Stir in half-and-half and syrup. Cook over medium heat about 5 minutes, stirring occasionally, until hot.
- ☐ Serve in mugs; top with whipped cream and chocolate shavings.

Nutrition Facts



Properties

Glycemic Index:6.88, Glycemic Load:0.41, Inflammation Score:-2, Nutrition Score:3.5773913121742%

Flavonoids

Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg  
Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Myricetin: 0.09mg,  
Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin:  
0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 216.84kcal (10.84%), Fat: 11.52g (17.73%), Saturated Fat: 7.18g (44.86%), Carbohydrates: 28.2g (9.4%), Net Carbohydrates: 27.41g (9.97%), Sugar: 17.64g (19.6%), Cholesterol: 26.19mg (8.73%), Sodium: 201.37mg (8.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 71.96mg (23.99%), Protein: 2.89g (5.78%), Vitamin B2: 0.26mg (15.2%), Calcium: 92.92mg (9.29%), Phosphorus: 71.73mg (7.17%), Vitamin B5: 0.65mg (6.5%), Vitamin A: 263.72IU (5.27%), Potassium: 181.82mg (5.19%), Magnesium: 14mg (3.5%), Manganese: 0.06mg (3.17%), Fiber: 0.79g (3.15%), Selenium: 2.2µg (3.14%), Vitamin B1: 0.05mg (3.11%), Iron: 0.44mg (2.47%), Vitamin B12: 0.13µg (2.24%), Zinc: 0.32mg (2.16%), Copper: 0.04mg (2.15%), Vitamin B3: 0.42mg (2.1%), Vitamin B6: 0.03mg (1.74%), Vitamin E: 0.21mg (1.42%), Folate: 5.55µg (1.39%), Vitamin K: 1.15µg (1.1%)