



Hot Mocha Float

 Gluten Free

READY IN



13 min.

SERVINGS



6

CALORIES



559 kcal

DESSERT

Ingredients

- ☐ 6 servings chocolate shaved for garnish
- ☐ 0.5 pint ice-cream chocolate shell
- ☐ 0.5 cup cocoa
- ☐ 1 quart milk
- ☐ 2 cups strong coffee decoction black hot
- ☐ 0.5 cup sugar
- ☐ 6 servings whipped cream for garnish

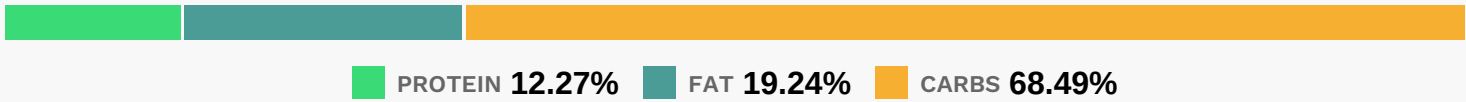
Equipment

- ☐ sauce pan
- ☐ ladle
- ☐ whisk

Directions

- ☐ In a large saucepan with wire whisk or spoon, stir together cocoa and sugar. Over medium heat, slowly add milk until well blended.
- ☐ Add 2 cups of hot strong black coffee while mixing constantly.
- ☐ Remove from heat.
- ☐ Ladle into 6 (8-ounce) mugs. Top each with spoonful of ice cream, whipped cream and chocolate shavings.

Nutrition Facts



Properties

Glycemic Index:42.62, Glycemic Load:20.4, Inflammation Score:-9, Nutrition Score:27.456086966007%

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: 559.19kcal (27.96%), Fat: 12.49g (19.21%), Saturated Fat: 7.38g (46.12%), Carbohydrates: 100.05g (33.35%), Net Carbohydrates: 96.87g (35.23%), Sugar: 35.36g (39.28%), Cholesterol: 36.89mg (12.3%), Sodium: 121.39mg (5.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 2494.61mg (831.54%), Protein: 17.93g (35.86%), Vitamin B3: 22.66mg (113.31%), Potassium: 3247.5mg (92.79%), Manganese: 1.69mg (84.61%), Magnesium: 325.79mg (81.45%), Phosphorus: 499.86mg (49.99%), Calcium: 363.82mg (36.38%), Iron: 4.88mg (27.11%), Vitamin B2: 0.38mg (22.31%), Copper: 0.44mg (22.18%), Selenium: 15.16µg (21.65%), Vitamin B12: 0.98µg (16.39%), Fiber: 3.18g (12.72%), Vitamin D: 1.84µg (12.25%), Zinc: 1.68mg (11.19%), Vitamin A: 460.65IU (9.21%), Vitamin B5: 0.92mg (9.2%), Vitamin B1: 0.12mg (7.95%), Vitamin B6: 0.15mg (7.61%), Vitamin K: 2.45µg (2.33%), Folate: 8.81µg (2.2%), Vitamin E: 0.25mg (1.64%)