



Hot White Chocolate

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



412 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 tablespoons marshmallows miniature
- ☐ 0.8 cup milk
- ☐ 0.1 teaspoon cocoa powder unsweetened
- ☐ 2 tablespoons vanilla vodka
- ☐ 2 tablespoons chocolate chips white

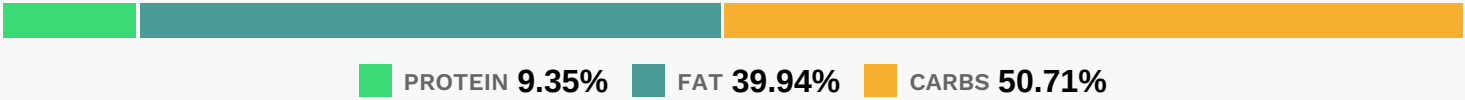
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Heat milk in a small saucepan over medium heat until very hot.
- ☐ Add white chocolate chips and whisk until melted.
- ☐ Pour vanilla vodka into a heatproof glass, add warm milk, top with marshmallows, and dust with cocoa powder.

Nutrition Facts



Properties

Glycemic Index:183.5, Glycemic Load:26.53, Inflammation Score:-3, Nutrition Score:7.7891304544781%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 411.62kcal (20.58%), Fat: 15.55g (23.92%), Saturated Fat: 9.25g (57.79%), Carbohydrates: 44.41g (14.8%), Net Carbohydrates: 44.28g (16.1%), Sugar: 39.28g (43.64%), Cholesterol: 28.26mg (9.42%), Sodium: 114.61mg (4.98%), Alcohol: 10.02g (100%), Alcohol %: 4.79% (100%), Protein: 8.19g (16.37%), Calcium: 285.62mg (28.56%), Phosphorus: 241.82mg (24.18%), Vitamin B2: 0.34mg (19.99%), Vitamin B12: 1.16µg (19.27%), Vitamin D: 2.01µg (13.42%), Potassium: 363.61mg (10.39%), Vitamin B5: 0.87mg (8.66%), Vitamin B1: 0.12mg (8.21%), Selenium: 5.22µg (7.46%), Magnesium: 26.63mg (6.66%), Zinc: 0.99mg (6.6%), Vitamin B6: 0.13mg (6.46%), Vitamin A: 305.46IU (6.11%), Vitamin K: 3.28µg (3.13%), Vitamin E: 0.38mg (2.53%), Copper: 0.05mg (2.45%), Vitamin B3: 0.44mg (2.18%)