



Hot White Chocolate with Ginger

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



220 kcal

SIDE DISH

Ingredients

- ☐ 1 cup premium baking chocolate white chopped (4 ounces; such as Ghiradelli)
- ☐ 8 cups milk fat-free
- ☐ 0.7 cup ginger fresh peeled chopped
- ☐ 0.5 cup sugar
- ☐ 0.3 cup water

Equipment

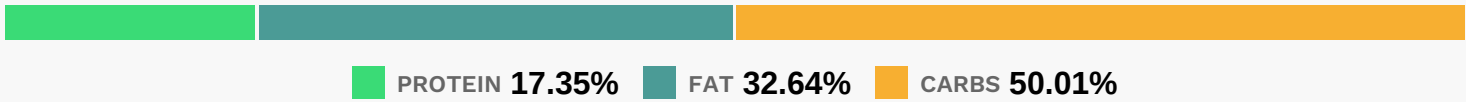
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ whisk
- ☐ sieve

Directions

- ☐ Combine first 3 ingredients in a large saucepan; cook over medium-high heat until sugar dissolves and mixture is golden (about 5 minutes), stirring frequently.
- ☐ Remove from heat; cool slightly.
- ☐ Add milk and chocolate, stirring with a whisk.
- ☐ Heat over medium-low heat to 180 or until bubbles form around edge of pan, stirring frequently (do not boil). Strain mixture through a sieve into a bowl; discard solids.

Nutrition Facts



Properties

Glycemic Index:14.79, Glycemic Load:12.9, Inflammation Score:-6, Nutrition Score:14.441304083752%

Flavonoids

Catechin: 10.61mg, Catechin: 10.61mg, Catechin: 10.61mg, Catechin: 10.61mg Epicatechin: 23.4mg, Epicatechin: 23.4mg, Epicatechin: 23.4mg, Epicatechin: 23.4mg

Nutrients (% of daily need)

Calories: 220.49kcal (11.02%), Fat: 8.93g (13.73%), Saturated Fat: 5.47g (34.21%), Carbohydrates: 30.78g (10.26%), Net Carbohydrates: 27.88g (10.14%), Sugar: 25.13g (27.93%), Cholesterol: 7.35mg (2.45%), Sodium: 105.94mg (4.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 13.2mg (4.4%), Protein: 10.68g (21.36%), Manganese: 0.71mg (35.69%), Calcium: 341.69mg (34.17%), Phosphorus: 330.87mg (33.09%), Copper: 0.56mg (27.92%), Vitamin B12: 1.42µg (23.68%), Magnesium: 86.87mg (21.72%), Vitamin B2: 0.34mg (20.15%), Zinc: 2.72mg (18.14%), Vitamin D: 2.69µg (17.97%), Potassium: 579.55mg (16.56%), Iron: 2.93mg (16.25%), Fiber: 2.9g (11.6%), Vitamin B1: 0.16mg (10.9%), Vitamin A: 499.8IU (10%), Vitamin B5: 0.92mg (9.19%), Selenium: 6.37µg (9.1%), Vitamin B6: 0.16mg (7.97%), Vitamin B3: 0.57mg (2.86%), Folate: 10.4µg (2.6%), Vitamin K: 1.61µg (1.53%)