



Instant Hot Cocoa Mix



Vegetarian



Gluten Free



Low Fod Map

READY IN



12 min.

SERVINGS



24

CALORIES



88 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup milk powder dry
- 1.5 cups splenda® no calorie sweetener
- 1 cup powdered non-dairy creamer
- 0.8 cup cocoa powder unsweetened

Equipment

- food processor
- blender

Directions

- In a blender or food processor, combine SPLENDA® Granulated Sweetener, powdered creamer, milk powder and cocoa powder.
- Mix well, and store in an airtight container.
- To serve, put 2 to 3 tablespoons of powder in a mug, fill with hot water, and stir.

Nutrition Facts



Properties

Glycemic Index:3.96, Glycemic Load:6.62, Inflammation Score:-1, Nutrition Score:2.5886956686559%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 88.18kcal (4.41%), Fat: 2.79g (4.29%), Saturated Fat: 1.3g (8.13%), Carbohydrates: 16.14g (5.38%), Net Carbohydrates: 15.15g (5.51%), Sugar: 13.27g (14.75%), Cholesterol: 5.17mg (1.72%), Sodium: 27.05mg (1.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.18mg (2.06%), Protein: 2.03g (4.06%), Phosphorus: 67.51mg (6.75%), Copper: 0.11mg (5.31%), Calcium: 52.98mg (5.3%), Manganese: 0.11mg (5.26%), Magnesium: 17.94mg (4.49%), Vitamin B2: 0.07mg (4.15%), Fiber: 0.99g (3.98%), Potassium: 131.38mg (3.75%), Vitamin D: 0.56µg (3.73%), Vitamin B12: 0.17µg (2.89%), Zinc: 0.36mg (2.42%), Iron: 0.4mg (2.23%), Selenium: 1.36µg (1.95%), Vitamin B5: 0.13mg (1.28%), Vitamin B1: 0.02mg (1.15%), Vitamin A: 51.31IU (1.03%)