



Intense Hot Chocolate

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



263 kcal

BEVERAGE

DRINK

Ingredients

- 4 servings garnish: cocoa
- 4 ounces chocolate dark 70%
- 2 cups milk low-fat
- 2.5 tablespoons caster sugar
- 4 tablespoons cocoa unsweetened

Equipment

- frying pan
- whisk

Directions

- Grate dark chocolate; set aside.
- Heat milk, 4 tablespoons unsweetened cocoa, and superfine sugar in a pan.
- Remove from heat.
- Add grated chocolate, and whisk quickly for at least 2 minutes. When mixture is frothy, pour into 4 large cups, and sprinkle with a little cocoa, if desired; serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.27, Glycemic Load:7.52, Inflammation Score:-6, Nutrition Score:12.434782603513%

Flavonoids

Catechin: 3.89mg, Catechin: 3.89mg, Catechin: 3.89mg, Catechin: 3.89mg Epicatechin: 11.79mg, Epicatechin: 11.79mg, Epicatechin: 11.79mg, Epicatechin: 11.79mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 262.83kcal (13.14%), Fat: 14.05g (21.62%), Saturated Fat: 8.1g (50.61%), Carbohydrates: 30.08g (10.03%), Net Carbohydrates: 24.77g (9.01%), Sugar: 20.24g (22.49%), Cholesterol: 6.75mg (2.25%), Sodium: 53.02mg (2.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 36.48mg (12.16%), Protein: 7.37g (14.75%), Manganese: 0.79mg (39.32%), Copper: 0.73mg (36.49%), Magnesium: 108.74mg (27.18%), Phosphorus: 252.9mg (25.29%), Iron: 4.21mg (23.4%), Fiber: 5.31g (21.24%), Calcium: 177.13mg (17.71%), Potassium: 481.67mg (13.76%), Vitamin B12: 0.8µg (13.32%), Zinc: 1.86mg (12.37%), Vitamin B2: 0.2mg (11.95%), Vitamin D: 1.3µg (8.65%), Selenium: 5.31µg (7.58%), Vitamin B5: 0.56mg (5.6%), Vitamin B1: 0.08mg (5.44%), Vitamin A: 242.34IU (4.85%), Vitamin B6: 0.09mg (4.43%), Vitamin B3: 0.56mg (2.81%), Vitamin K: 2.34µg (2.23%), Vitamin E: 0.2mg (1.31%), Folate: 4.28µg (1.07%)