



Lightened Everyday Hot Chocolate

 Gluten Free

READY IN



18 min.

SERVINGS



10

CALORIES



218 kcal

BEVERAGE

DRINK

Ingredients

- 0.7 cup chocolate syrup
- 3 tablespoons fudge topping hot
- 4 cups milk 2% reduced-fat
- 10 servings stir-ins: peppermint candies hard miniature crushed chopped thin
- 1 pinch salt

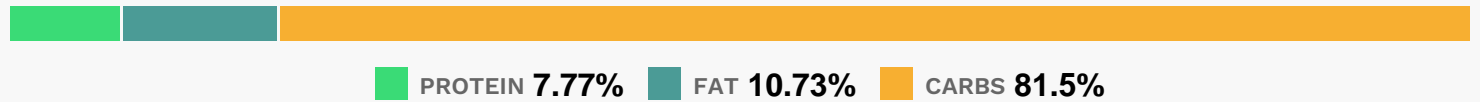
Equipment

- sauce pan
- whisk

Directions

- Cook milk in a large nonaluminum saucepan over medium heat, stirring frequently, 6 to 8 minutes or until thoroughly heated (do not boil).
- Whisk in chocolate syrup, fudge topping, and salt, whisking vigorously until chocolate is well blended and mixture is frothy.
- Serve immediately with desired stir-ins or, if desired, Whipped Topping Dollops on Spoons.
- Note: For testing purposes only, we used Hershey's Chocolate Syrup, Smucker's Hot Fudge Topping, Andes Crme de Menthe Thins, and Hershey's Kisses Limited Edition Cherry Cordial Crme.

Nutrition Facts



Properties

Glycemic Index:6.05, Glycemic Load:14.74, Inflammation Score:-1, Nutrition Score:4.2986956212832%

Nutrients (% of daily need)

Calories: 218.35kcal (10.92%), Fat: 2.66g (4.1%), Saturated Fat: 1.53g (9.59%), Carbohydrates: 45.53g (15.18%), Net Carbohydrates: 44.82g (16.3%), Sugar: 33.97g (37.74%), Cholesterol: 7.61mg (2.54%), Sodium: 106.37mg (4.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.34g (8.67%), Phosphorus: 120.58mg (12.06%), Calcium: 119.78mg (11.98%), Vitamin B2: 0.19mg (11.18%), Vitamin B12: 0.5µg (8.4%), Copper: 0.16mg (7.85%), Magnesium: 26.72mg (6.68%), Manganese: 0.11mg (5.66%), Potassium: 194.65mg (5.56%), Selenium: 3.28µg (4.69%), Zinc: 0.66mg (4.39%), Vitamin B5: 0.35mg (3.47%), Iron: 0.58mg (3.24%), Fiber: 0.71g (2.84%), Vitamin B1: 0.04mg (2.72%), Vitamin B6: 0.04mg (1.96%), Vitamin A: 96.4IU (1.93%), Folate: 5.65µg (1.41%), Vitamin E: 0.18mg (1.21%)