



Luscious Hot Chocolate

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



393 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 8 cups milk
- ☐ 12 ounces bittersweet chocolate chopped fine (chips or bars are both)

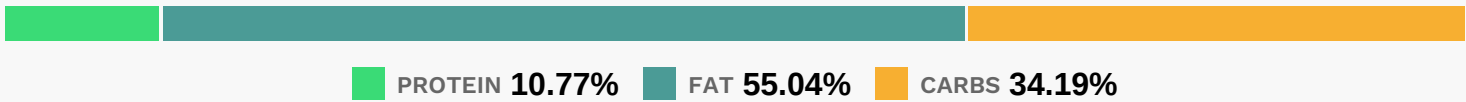
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine the chocolate and milk in a heavy saucepan.
- ☐ Place over medium heat until bubbles form, reduce the heat slightly, and simmer until the chocolate melts, whisking constantly.
- ☐ Before serving, raise the heat until the chocolate just boils, still whisking. Enjoy.
- ☐ Per serving: 330 calories, 39g carbohydrates, 11g protein, 17g fat, 20mg cholesterol
- ☐ Other

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:4.33, Inflammation Score:-6, Nutrition Score:14.335217517355%

Nutrients (% of daily need)

Calories: 392.62kcal (19.63%), Fat: 24.1g (37.08%), Saturated Fat: 13.91g (86.92%), Carbohydrates: 33.69g (11.23%), Net Carbohydrates: 30.28g (11.01%), Sugar: 27.35g (30.39%), Cholesterol: 31.83mg (10.61%), Sodium: 96.97mg (4.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 36.57mg (12.19%), Protein: 10.61g (21.21%), Phosphorus: 357mg (35.7%), Calcium: 326.48mg (32.65%), Manganese: 0.57mg (28.66%), Copper: 0.53mg (26.66%), Magnesium: 104.12mg (26.03%), Vitamin B12: 1.39µg (23.24%), Vitamin B2: 0.36mg (21.03%), Vitamin D: 2.68µg (17.89%), Potassium: 607.11mg (17.35%), Iron: 2.69mg (14.93%), Zinc: 2.13mg (14.18%), Fiber: 3.4g (13.61%), Selenium: 8.21µg (11.73%), Vitamin B5: 1.04mg (10.38%), Vitamin B1: 0.15mg (10.02%), Vitamin A: 416.54IU (8.33%), Vitamin B6: 0.16mg (8.16%), Vitamin K: 3.79µg (3.61%), Vitamin B3: 0.61mg (3.06%), Vitamin E: 0.37mg (2.49%)