



Malted Hot Cocoa

READY IN



45 min.

SERVINGS



4

CALORIES



369 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 oz sqs. bittersweet baking chocolate chopped
- ☐ 3 tablespoons liquid malt extract
- ☐ 1 cup milk
- ☐ 0.5 cup water boiling
- ☐ 1 ball garnish: whipped topping crushed
- ☐ 0.5 cup whipping cream

Equipment

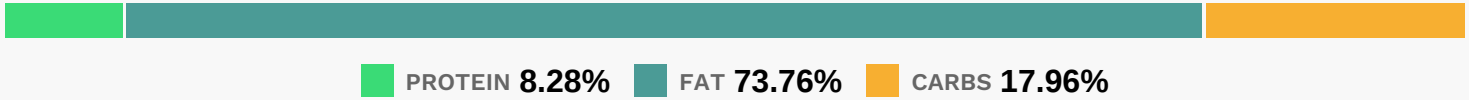
- ☐ bowl

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place chocolate in a small bowl; pour boiling water over chocolate.
- ☐ Let stand for 3 minutes. In a small saucepan, combine cream and milk over medium heat; bring to a simmer. Stir in malted milk powder; set aside.
- ☐ Whisk chocolate mixture until smooth; add to milk mixture.
- ☐ Garnish with whipped topping and crushed candies.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:1.08, Inflammation Score:-8, Nutrition Score:18.805652437003%

Flavonoids

Catechin: 27.36mg, Catechin: 27.36mg, Catechin: 27.36mg, Catechin: 27.36mg Epicatechin: 60.31mg, Epicatechin: 60.31mg, Epicatechin: 60.31mg, Epicatechin: 60.31mg

Nutrients (% of daily need)

Calories: 369.01kcal (18.45%), Fat: 35.36g (54.4%), Saturated Fat: 21.96g (137.24%), Carbohydrates: 19.38g (6.46%), Net Carbohydrates: 12.32g (4.48%), Sugar: 6.21g (6.9%), Cholesterol: 41.93mg (13.98%), Sodium: 59.78mg (2.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 34.02mg (11.34%), Protein: 8.93g (17.86%), Manganese: 1.78mg (89.23%), Copper: 1.39mg (69.58%), Iron: 7.46mg (41.43%), Magnesium: 152.61mg (38.15%), Zinc: 4.46mg (29.74%), Fiber: 7.06g (28.25%), Phosphorus: 263.91mg (26.39%), Calcium: 150.97mg (15.1%), Potassium: 504.23mg (14.41%), Vitamin B2: 0.22mg (12.99%), Vitamin A: 545.57IU (10.91%), Selenium: 6.18µg (8.83%), Vitamin B1: 0.12mg (8.23%), Vitamin D: 1.15µg (7.65%), Vitamin B12: 0.41µg (6.84%), Vitamin K: 5.49µg (5.23%), Vitamin B3: 0.88mg (4.38%), Vitamin B5: 0.4mg (4.01%), Vitamin B6: 0.08mg (3.8%), Folate: 15µg (3.75%), Vitamin E: 0.49mg (3.27%)