

Maple Hot Chocolate

 **Gluten Free**

READY IN



15 min.

SERVINGS



4

CALORIES



292 kcal

BEVERAGE

DRINK

Ingredients

- 1 tablespoon cocoa powder
- 1 tablespoon butter
- 1 teaspoon peppermint flavoring
- 12 large marshmallows
- 4 cups milk
- 0.1 teaspoon salt
- 0.3 cup sugar
- 1 teaspoon vanilla extract

0.3 cup water hot

Equipment

sauce pan

ladle

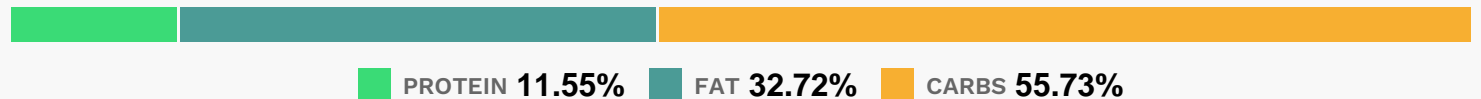
Directions

In a large saucepan, combine sugar, cocoa and salt. Stir in hot water and butter; bring to a boil.

Add the milk, maple flavoring, vanilla and 8 marshmallows.

Heat through, stirring occasionally, until marshmallows are melted. Ladle into mugs and top each with a marshmallow.

Nutrition Facts



Properties

Glycemic Index:54.65, Glycemic Load:23.37, Inflammation Score:-4, Nutrition Score:8.7465216439703%

Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 292.13kcal (14.61%), Fat: 10.9g (16.77%), Saturated Fat: 6.45g (40.31%), Carbohydrates: 41.77g (13.92%), Net Carbohydrates: 41.29g (15.01%), Sugar: 36.46g (40.51%), Cholesterol: 36.81mg (12.27%), Sodium: 205.91mg (8.95%), Alcohol: 0.34g (100%), Alcohol %: 0.15% (100%), Protein: 8.66g (17.31%), Calcium: 303.91mg (30.39%), Phosphorus: 258.2mg (25.82%), Vitamin B12: 1.32µg (22.06%), Vitamin B2: 0.34mg (20.26%), Vitamin D: 2.68µg (17.89%), Potassium: 388.64mg (11.1%), Vitamin A: 482.74IU (9.65%), Vitamin B1: 0.14mg (9.21%), Vitamin B5: 0.92mg (9.19%), Magnesium: 36.28mg (9.07%), Vitamin B6: 0.15mg (7.57%), Selenium: 5.28µg (7.55%), Zinc: 1.1mg (7.34%), Copper: 0.07mg (3.71%), Manganese: 0.06mg (3.12%), Fiber: 0.48g (1.93%), Vitamin B3: 0.31mg (1.53%), Vitamin E: 0.2mg (1.36%), Iron: 0.23mg (1.28%)