



Mexican Hot Chocolate

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



204 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 tablespoons brown sugar
- ☐ 2 cinnamon sticks
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 6 cups milk 1% low-fat divided
- ☐ 1 cup marshmallows miniature
- ☐ 0.5 cup bittersweet chocolate chopped
- ☐ 0.3 cup cocoa unsweetened
- ☐ 1 vanilla pod split

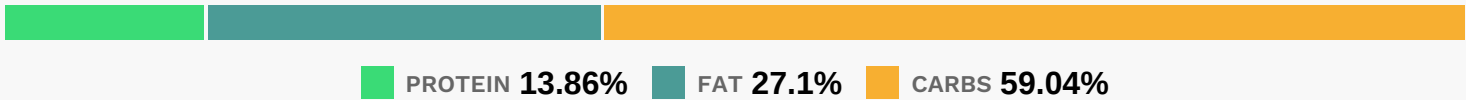
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve

Directions

- ☐ Combine 1 cup milk and cocoa in a small bowl; stir well with a whisk.
- ☐ Combine remaining 5 cups milk, chocolate, sugar, nutmeg, and 2 cinnamon sticks in a large, heavy saucepan over medium heat. Scrape seeds from vanilla bean; add seeds and bean to milk.
- ☐ Add cocoa mixture to pan. Cook 25 minutes or until thoroughly heated and chocolate is melted, stirring frequently. Strain mixture through a fine sieve into a bowl; discard solids.
- ☐ Serve with marshmallows.
- ☐ Garnish with ground red pepper and cinnamon sticks, if desired.

Nutrition Facts



Properties

Glycemic Index:16.94, Glycemic Load:3.09, Inflammation Score:-4, Nutrition Score:9.4704347009892%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 203.6kcal (10.18%), Fat: 6.38g (9.81%), Saturated Fat: 3.65g (22.84%), Carbohydrates: 31.28g (10.43%), Net Carbohydrates: 28.92g (10.52%), Sugar: 25.21g (28.01%), Cholesterol: 9.51mg (3.17%), Sodium: 78.31mg (3.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 15.59mg (5.2%), Protein: 7.34g (14.68%), Calcium: 249.78mg

(24.98%), Phosphorus: 232.03mg (23.2%), Manganese: 0.41mg (20.71%), Vitamin B12: 1.1µg (18.32%), Vitamin B2: 0.26mg (15.3%), Magnesium: 55.47mg (13.87%), Vitamin D: 1.95µg (12.98%), Copper: 0.25mg (12.7%), Potassium: 400.57mg (11.44%), Fiber: 2.35g (9.41%), Zinc: 1.26mg (8.38%), Selenium: 5.26µg (7.52%), Vitamin B1: 0.11mg (7.13%), Vitamin A: 355.03IU (7.1%), Vitamin B5: 0.69mg (6.94%), Iron: 1.22mg (6.77%), Vitamin B6: 0.12mg (5.92%), Vitamin B3: 0.38mg (1.89%), Vitamin K: 1.3µg (1.24%), Folate: 4.65µg (1.16%)