



## Mexican Hot Chocolate

 Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



440 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 4 ounces mexican chocolate chopped
- ☐ 2 cups milk
- ☐ 1 teaspoon vanilla extract

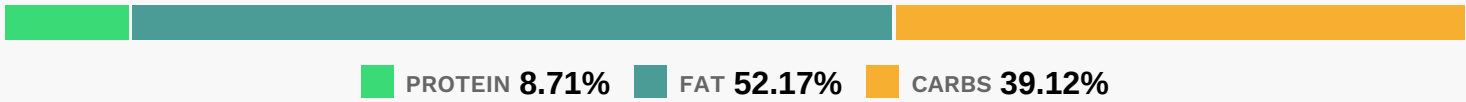
### Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ immersion blender

# Directions

- ☐ Stir together 2 cups milk, chopped Mexican chocolate, and vanilla extract in a saucepan over low heat until chocolate melts and mixture is smooth. Cook, whisking constantly, just until mixture is thoroughly heated.
- ☐ Remove from heat, and whisk mixture until foamy. (An immersion blender also works well.)
- ☐ Pour evenly into 2 mugs; top with whipped cream, and add a cinnamon stick, if desired.

## Nutrition Facts



## Properties

Glycemic Index:40.3, Glycemic Load:17.59, Inflammation Score:-5, Nutrition Score:12.60608692532%

## Nutrients (% of daily need)

Calories: 439.62kcal (21.98%), Fat: 27.2g (41.85%), Saturated Fat: 15.92g (99.52%), Carbohydrates: 45.89g (15.3%), Net Carbohydrates: 42.78g (15.55%), Sugar: 41.18g (45.75%), Cholesterol: 29.28mg (9.76%), Sodium: 101.97mg (4.43%), Alcohol: 0.69g (100%), Alcohol %: 0.29% (100%), Caffeine: 37.42mg (12.47%), Protein: 10.22g (20.43%), Phosphorus: 329.91mg (32.99%), Calcium: 313.95mg (31.39%), Vitamin B2: 0.47mg (27.92%), Magnesium: 93.59mg (23.4%), Vitamin B12: 1.32µg (21.96%), Vitamin D: 2.68µg (17.89%), Copper: 0.33mg (16.47%), Potassium: 533.39mg (15.24%), Manganese: 0.29mg (14.72%), Fiber: 3.12g (12.47%), Zinc: 1.85mg (12.35%), Vitamin B1: 0.15mg (9.88%), Vitamin B5: 0.95mg (9.51%), Selenium: 6.22µg (8.89%), Iron: 1.57mg (8.71%), Vitamin B6: 0.17mg (8.69%), Vitamin A: 395.28IU (7.91%), Vitamin K: 4.3µg (4.1%), Vitamin B3: 0.64mg (3.22%), Vitamin E: 0.27mg (1.8%)