



## Mexican Rich 'n' Thick Hot Chocolate

 Vegetarian  Gluten Free

READY IN



18 min.

SERVINGS



8

CALORIES



269 kcal

BEVERAGE

DRINK

### Ingredients

- 1 teaspoon ancho chili powder
- 2 teaspoons cornstarch
- 7 oz chocolate bars dark 70% chopped (at least cacao)
- 1.3 teaspoons ground cinnamon
- 0.3 cup honey
- 4 cups milk divided
- 1 pinch salt
- 1 teaspoon vanilla extract

## Equipment

- sauce pan
- whisk

## Directions

- Whisk together cornstarch and 1/2 cup milk until smooth.
- Cook remaining 3 1/2 cups milk in a large, nonaluminum saucepan over medium heat until bubbles appear around edge of saucepan (about 4 minutes; do not boil).
- Whisk in chocolate, honey, vanilla extract, cinnamon, chili powder, and salt until blended and smooth.
- Whisk in cornstarch mixture.
- Bring milk mixture to a light boil, whisking frequently (about 4 minutes).
- Remove from heat.
- Let cool slightly. (
- Mixture will thicken as it cools.)
- Serve immediately with Marshmallow Whipped Cream, if desired.
- Note: For testing purposes only, we used Ghirardelli Intense Dark Twilight Delight 72% Cacao dark chocolate bar.

## Nutrition Facts



**PROTEIN 8.82%** **FAT 47.82%** **CARBS 43.36%**

## Properties

Glycemic Index:14.78, Glycemic Load:10.24, Inflammation Score:-4, Nutrition Score:9.629565205587%

## Nutrients (% of daily need)

Calories: 269.3kcal (13.47%), Fat: 14.52g (22.34%), Saturated Fat: 8.35g (52.2%), Carbohydrates: 29.62g (9.87%), Net Carbohydrates: 26.63g (9.68%), Sugar: 23.5g (26.12%), Cholesterol: 15.38mg (5.13%), Sodium: 60.95mg (2.65%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Caffeine: 19.84mg (6.61%), Protein: 6.02g (12.05%), Manganese: 0.56mg (27.98%), Copper: 0.45mg (22.43%), Phosphorus: 201.23mg (20.12%), Magnesium: 72.11mg (18.03%), Calcium: 173.04mg (17.3%), Iron: 3.08mg (17.13%), Vitamin B12: 0.73µg (12.14%), Fiber: 2.99g (11.96%),

Vitamin B2: 0.2mg (11.53%), Potassium: 374.68mg (10.71%), Zinc: 1.37mg (9.13%), Vitamin D: 1.34µg (8.95%),  
Selenium: 4.19µg (5.99%), Vitamin B5: 0.57mg (5.72%), Vitamin A: 282.36IU (5.65%), Vitamin B1: 0.08mg (5.17%),  
Vitamin B6: 0.09mg (4.65%), Vitamin K: 2.54µg (2.42%), Vitamin B3: 0.44mg (2.21%), Vitamin E: 0.31mg (2.07%)