



Milk with Hot Chocolate Ice Cubes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



197 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 ounces chocolate dark finely chopped
- ☐ 5 cups milk 2% divided reduced-fat
- ☐ 0.3 cup sugar
- ☐ 0.3 cup cocoa unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup water

Equipment

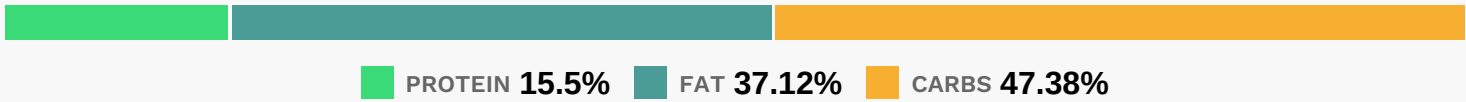
- ☐ frying pan

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring 1 cup milk and 1/2 cup water to a boil in a medium saucepan. Reduce heat to medium.
- ☐ Combine sugar and cocoa, stirring with a whisk.
- ☐ Add sugar mixture to hot milk mixture, stirring with a whisk until blended. Bring to a simmer; simmer 5 minutes, stirring frequently.
- ☐ Remove pan from heat; add vanilla and chocolate, stirring with a whisk until chocolate melts.
- ☐ Pour milk mixture into 2 ice cube trays. Cool 30 minutes. Freeze 4 hours or until firm.
- ☐ Place 4 chocolate ice cubes in each of 6 glasses; add 2/3 cup milk to each glass.

Nutrition Facts



Properties

Glycemic Index:15.52, Glycemic Load:6.58, Inflammation Score:-4, Nutrition Score:9.3299998576226%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 197.02kcal (9.85%), Fat: 8.44g (12.99%), Saturated Fat: 5.08g (31.72%), Carbohydrates: 24.24g (8.08%), Net Carbohydrates: 21.88g (7.96%), Sugar: 20.68g (22.98%), Cholesterol: 16.02mg (5.34%), Sodium: 96.2mg (4.18%), Alcohol: 0.23g (100%), Alcohol %: 0.12% (100%), Caffeine: 15.8mg (5.27%), Protein: 7.93g (15.86%), Calcium: 248.23mg (24.82%), Phosphorus: 236.38mg (23.64%), Vitamin B2: 0.38mg (22.47%), Vitamin B12: 1.07µg (17.81%), Manganese: 0.35mg (17.55%), Copper: 0.32mg (15.94%), Magnesium: 61.34mg (15.33%), Potassium: 398.52mg (11.39%), Zinc: 1.5mg (10.03%), Fiber: 2.36g (9.42%), Iron: 1.67mg (9.26%), Selenium: 6.12µg (8.75%), Vitamin B5: 0.75mg (7.49%), Vitamin B1: 0.08mg (5.52%), Vitamin B6: 0.08mg (4.14%), Vitamin A: 204.29IU (4.09%), Folate: 10.98µg (2.74%), Vitamin B3: 0.36mg (1.81%), Vitamin K: 1.17µg (1.12%)