



## Minty Eggnog Hot Chocolate

 Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



260 kcal

BEVERAGE

DRINK

### Ingredients

- 0.8 cup mint-chocolate baking pieces andes® (such as )
- 0.5 cup eggnog
- 1.5 cups milk
- 1 ounce semi-sweet chocolate

### Equipment

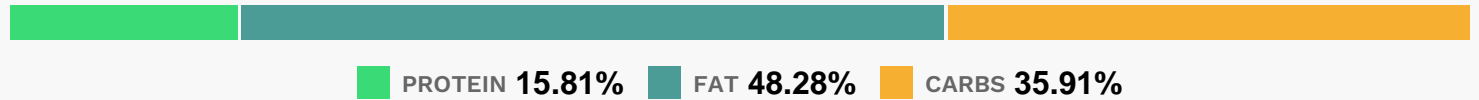
- sauce pan

# Directions

Heat milk and eggnog together in a saucepan over medium-low heat until heated through, about 5 minutes. Stir in chocolate and mint-chocolate baking pieces; cook until chocolate is melted and smooth, 5 to 10 more minutes.

Pour into 2 mugs.

# Nutrition Facts



# Properties

Glycemic Index:46.5, Glycemic Load:6.06, Inflammation Score:-7, Nutrition Score:13.475652223048%

# Flavonoids

Eriodictyol: 5.22mg, Eriodictyol: 5.22mg, Eriodictyol: 5.22mg, Eriodictyol: 5.22mg Hesperetin: 1.71mg, Hesperetin: 1.71mg, Hesperetin: 1.71mg Apigenin: 0.91mg, Apigenin: 0.91mg, Apigenin: 0.91mg, Apigenin: 0.91mg Luteolin: 2.14mg, Luteolin: 2.14mg, Luteolin: 2.14mg, Luteolin: 2.14mg

# Nutrients (% of daily need)

Calories: 259.56kcal (12.98%), Fat: 14.11g (21.7%), Saturated Fat: 8.21g (51.33%), Carbohydrates: 23.6g (7.87%), Net Carbohydrates: 21.12g (7.68%), Sugar: 19.12g (21.24%), Cholesterol: 60.28mg (20.09%), Sodium: 110.48mg (4.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.19mg (4.06%), Protein: 10.39g (20.78%), Calcium: 357.43mg (35.74%), Phosphorus: 303.22mg (30.32%), Vitamin B2: 0.43mg (25%), Vitamin A: 1151.21IU (23.02%), Vitamin B12: 1.3µg (21.66%), Manganese: 0.4mg (19.84%), Vitamin D: 2.78µg (18.5%), Magnesium: 72.47mg (18.12%), Potassium: 555.66mg (15.88%), Copper: 0.24mg (12.13%), Zinc: 1.61mg (10.7%), Selenium: 7.33µg (10.48%), Vitamin B5: 1.05mg (10.47%), Iron: 1.88mg (10.44%), Fiber: 2.48g (9.94%), Vitamin B1: 0.14mg (9.5%), Vitamin B6: 0.17mg (8.5%), Vitamin C: 6.32mg (7.66%), Folate: 19.87µg (4.97%), Vitamin B3: 0.67mg (3.33%), Vitamin E: 0.31mg (2.06%), Vitamin K: 1.76µg (1.68%)