

Minty Hot Mocha



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



113 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 tablespoons coffee instant
- ☐ 0.5 teaspoon peppermint extract
- ☐ 4.8 cups skim milk
- ☐ 0.3 cup sugar
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 cup water

Equipment

- ☐ sauce pan

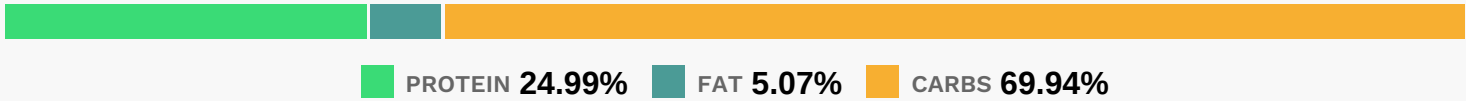
☐

whisk

Directions

- ☐ Combine sugar and cocoa in a medium saucepan; stir well.
- ☐ Add water; bring to a boil, stirring constantly. Stir in coffee granules. Gradually add milk, stirring well. Cook over medium heat 5 minutes or until mixture is thoroughly heated, stirring frequently.
- ☐ Remove from heat; stir in peppermint. Beat with a whisk until foamy; serve warm.

Nutrition Facts



Properties

Glycemic Index:17.22, Glycemic Load:8.97, Inflammation Score:-5, Nutrition Score:8.5008696218872%

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: 113.04kcal (5.65%), Fat: 0.68g (1.05%), Saturated Fat: 0.39g (2.42%), Carbohydrates: 21.16g (7.05%), Net Carbohydrates: 19.83g (7.21%), Sugar: 18.22g (20.24%), Cholesterol: 5.82mg (1.94%), Sodium: 82.98mg (3.61%), Alcohol: 0.11g (100%), Alcohol %: 0.06% (100%), Caffeine: 60.58mg (20.19%), Protein: 7.56g (15.12%), Calcium: 264.26mg (26.43%), Phosphorus: 238.91mg (23.89%), Vitamin B12: 1.13µg (18.75%), Vitamin B2: 0.27mg (15.64%), Vitamin D: 2.13µg (14.22%), Potassium: 438.04mg (12.52%), Magnesium: 47.04mg (11.76%), Manganese: 0.17mg (8.65%), Vitamin A: 395.67IU (7.91%), Zinc: 1.13mg (7.52%), Copper: 0.15mg (7.46%), Vitamin B1: 0.11mg (7.44%), Vitamin B5: 0.7mg (7.03%), Selenium: 4.65µg (6.65%), Vitamin B6: 0.12mg (5.86%), Fiber: 1.33g (5.3%), Vitamin B3: 0.78mg (3.89%), Iron: 0.58mg (3.2%), Folate: 5.03µg (1.26%)