

Mocha Cocoa



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



206 kcal

BEVERAGE

DRINK

Ingredients

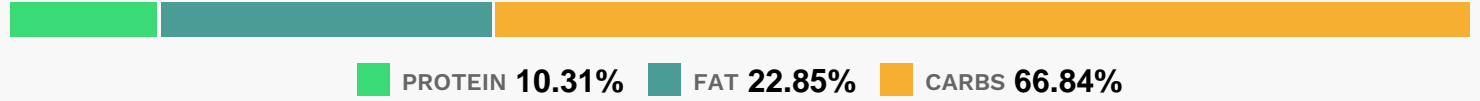
- 0.5 cup chocolate chips miniature chopped
- 0.5 cup espresso powder
- 1 cup granulated sugar
- 1 cup powdered milk
- 0.5 teaspoon salt
- 1 cup cocoa powder unsweetened

Equipment

Directions

Layer cocoa powder, sugar, espresso powder, powdered milk, salt, and chocolate.

Nutrition Facts



Properties

Glycemic Index:9.59, Glycemic Load:13.48, Inflammation Score:-4, Nutrition Score:8.0813043907933%

Flavonoids

Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 205.86kcal (10.29%), Fat: 5.68g (8.75%), Saturated Fat: 3.46g (21.65%), Carbohydrates: 37.41g (12.47%), Net Carbohydrates: 34.55g (12.57%), Sugar: 25.55g (28.38%), Cholesterol: 11.47mg (3.82%), Sodium: 146.89mg (6.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 326.02mg (108.67%), Protein: 5.77g (11.54%), Manganese: 0.45mg (22.45%), Magnesium: 77.07mg (19.27%), Potassium: 600.12mg (17.15%), Phosphorus: 165.25mg (16.52%), Vitamin B3: 3.01mg (15.03%), Copper: 0.3mg (14.75%), Calcium: 129.28mg (12.93%), Fiber: 2.85g (11.42%), Vitamin B2: 0.16mg (9.16%), Iron: 1.58mg (8.79%), Vitamin D: 1.12µg (7.47%), Selenium: 4.11µg (5.87%), Zinc: 0.88mg (5.87%), Vitamin B12: 0.35µg (5.78%), Vitamin B5: 0.27mg (2.7%), Vitamin B1: 0.04mg (2.44%), Vitamin A: 116.43IU (2.33%), Vitamin B6: 0.04mg (2.18%), Folate: 6.24µg (1.56%), Vitamin C: 0.96mg (1.17%)