



Mocha Hot Chocolate



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



43 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 tablespoons espresso granules instant
- ☐ 1 ice-cream chocolate shell light
- ☐ 3 cups milk 2% reduced-fat

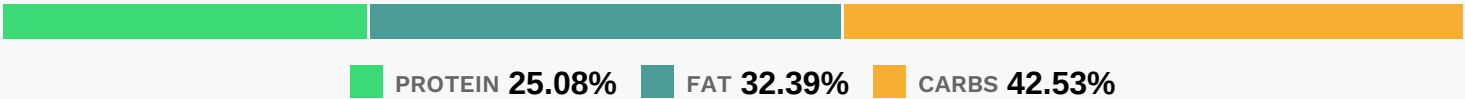
Equipment

- ☐ ladle
- ☐ slow cooker

Directions

- ☐ Spoon ice cream into a 3-quart electric slow cooker.
- ☐ Add milk and espresso. Cover and cook on LOW for 3 hours or until thoroughly heated.
- ☐ Ladle hot chocolate into mugs.

Nutrition Facts



Properties

Glycemic Index:2.33, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.5773912700622%

Nutrients (% of daily need)

Calories: 43.46kcal (2.17%), Fat: 1.57g (2.42%), Saturated Fat: 1g (6.22%), Carbohydrates: 4.64g (1.55%), Net Carbohydrates: 4.64g (1.69%), Sugar: 4.01g (4.45%), Cholesterol: 6.32mg (2.11%), Sodium: 37.46mg (1.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 34.89mg (11.63%), Protein: 2.74g (5.47%), Calcium: 96.14mg (9.61%), Vitamin B2: 0.15mg (8.62%), Phosphorus: 75.83mg (7.58%), Vitamin B12: 0.42µg (6.95%), Potassium: 149.66mg (4.28%), Magnesium: 12.31mg (3.08%), Selenium: 2.11µg (3.01%), Vitamin B5: 0.28mg (2.81%), Zinc: 0.38mg (2.55%), Vitamin B1: 0.03mg (2.05%), Vitamin B3: 0.39mg (1.93%), Vitamin A: 80.71IU (1.61%), Manganese: 0.03mg (1.51%), Vitamin B6: 0.03mg (1.51%)