



## My Delicious Hot Chocolate

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



560 kcal

BEVERAGE

DRINK

## Ingredients

- ☐ 4 ounces bittersweet chocolate
- ☐ 0.5 cup evaporated milk
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 cups milk whole

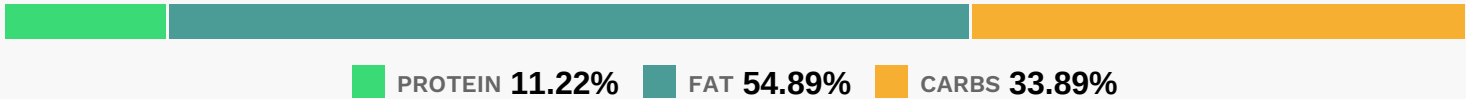
## Equipment

- ☐ sauce pan
- ☐ whisk

# Directions

- ☐ Put the whole milk into a saucepan and break the chocolate into pieces and add to the milk.
- ☐ Add evaporated milk, condensed milk and cinnamon and heat until the chocolate is melted.
- ☐ Whisk well and add more condensed milk if you want your chocolate sweeter.

## Nutrition Facts



## Properties

Glycemic Index:21.5, Glycemic Load:4.33, Inflammation Score:-7, Nutrition Score:19.831739042116%

## Nutrients (% of daily need)

Calories: 560.35kcal (28.02%), Fat: 34.3g (52.76%), Saturated Fat: 19.92g (124.52%), Carbohydrates: 47.64g (15.88%), Net Carbohydrates: 42.97g (15.63%), Sugar: 38.88g (43.2%), Cholesterol: 50.95mg (16.98%), Sodium: 165.19mg (7.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 48.76mg (16.25%), Protein: 15.77g (31.55%), Phosphorus: 521.91mg (52.19%), Calcium: 502.21mg (50.22%), Manganese: 0.81mg (40.42%), Magnesium: 144.34mg (36.09%), Copper: 0.72mg (36.05%), Vitamin B2: 0.56mg (33.16%), Vitamin B12: 1.52µg (25.34%), Potassium: 879.45mg (25.13%), Iron: 3.72mg (20.69%), Zinc: 2.99mg (19.95%), Fiber: 4.67g (18.67%), Vitamin D: 2.75µg (18.31%), Selenium: 10.86µg (15.51%), Vitamin B5: 1.48mg (14.83%), Vitamin B1: 0.18mg (12.3%), Vitamin A: 574.94IU (11.5%), Vitamin B6: 0.2mg (10%), Vitamin K: 5.27µg (5.02%), Vitamin B3: 0.86mg (4.28%), Vitamin E: 0.56mg (3.75%), Vitamin C: 1.21mg (1.46%), Folate: 5.05µg (1.26%)