



## New Mexican Hot Chocolate

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



111 kcal

BEVERAGE

DRINK

### Ingredients

- 0.5 teaspoon ground cinnamon
- 0.1 teaspoon nutmeg
- 0.3 cup honey
- 4 cups milk 2% reduced-fat
- 0.3 teaspoon salt
- 5 tablespoons cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 0.5 cup water

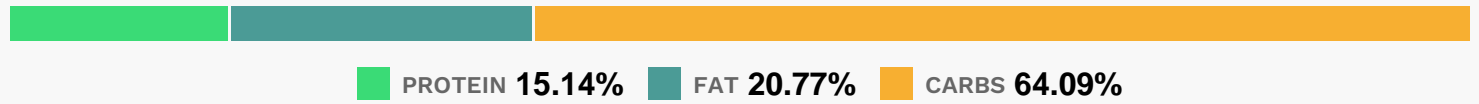
## Equipment

- sauce pan
- whisk

## Directions

- Combine first 6 ingredients in a large, heavy saucepan. Bring to a boil over medium-high heat, stirring constantly. Gradually add milk and extract, stirring constantly with a whisk.
- Heat to 180 or until tiny bubbles form around edge, stirring with a whisk (do not boil).

## Nutrition Facts



## Properties

Glycemic Index:15.91, Glycemic Load:6.08, Inflammation Score:-2, Nutrition Score:5.0391304803931%

## Flavonoids

Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg Epicatechin: 6.14mg, Epicatechin: 6.14mg, Epicatechin: 6.14mg, Epicatechin: 6.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 110.98kcal (5.55%), Fat: 2.78g (4.27%), Saturated Fat: 1.74g (10.9%), Carbohydrates: 19.29g (6.43%), Net Carbohydrates: 18.03g (6.56%), Sugar: 17.7g (19.66%), Cholesterol: 9.44mg (3.15%), Sodium: 130.15mg (5.66%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Caffeine: 7.19mg (2.4%), Protein: 4.56g (9.11%), Calcium: 148.3mg (14.83%), Vitamin B2: 0.23mg (13.63%), Phosphorus: 132.24mg (13.22%), Vitamin B12: 0.63µg (10.42%), Manganese: 0.17mg (8.59%), Magnesium: 29.2mg (7.3%), Copper: 0.13mg (6.71%), Potassium: 221.45mg (6.33%), Zinc: 0.82mg (5.44%), Fiber: 1.26g (5.03%), Selenium: 3.51µg (5.02%), Vitamin B5: 0.44mg (4.38%), Vitamin B1: 0.05mg (3.24%), Iron: 0.53mg (2.94%), Vitamin B6: 0.05mg (2.61%), Vitamin A: 120.76IU (2.42%), Folate: 7.21µg (1.8%)