



Nutella Hot Chocolate

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



446 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup milk
- ☐ 1.5 tbsp nutella

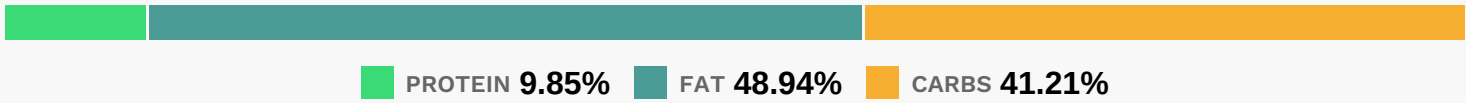
Equipment

- ☐ stove
- ☐ microwave

Directions

- ☐
- Heat milk in microwave or stove until almost boiling.
- ☐
- Add in the Nutella and stir until completely mixed and melted. If using microwave, you may need to reheat the milk after adding the Nutella to get it completely melted.

Nutrition Facts



Properties

Glycemic Index:67.33, Glycemic Load:13.61, Inflammation Score:-4, Nutrition Score:13.88956521905%

Nutrients (% of daily need)

Calories: 445.55kcal (22.28%), Fat: 24.29g (37.37%), Saturated Fat: 20.3g (126.88%), Carbohydrates: 46.03g (15.34%), Net Carbohydrates: 43.03g (15.65%), Sugar: 41.71g (46.34%), Cholesterol: 29.28mg (9.76%), Sodium: 115.47mg (5.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.88mg (1.29%), Protein: 11.01g (22.01%), Calcium: 360.06mg (36.01%), Phosphorus: 330.8mg (33.08%), Vitamin B2: 0.43mg (25.36%), Manganese: 0.49mg (24.57%), Vitamin B12: 1.47µg (24.46%), Vitamin E: 2.87mg (19.17%), Vitamin D: 2.68µg (17.89%), Potassium: 591.89mg (16.91%), Magnesium: 64.8mg (16.2%), Iron: 2.43mg (13.51%), Copper: 0.26mg (13.14%), Vitamin B1: 0.18mg (12.25%), Fiber: 3g (11.99%), Vitamin B5: 1.11mg (11.08%), Zinc: 1.59mg (10.59%), Vitamin B6: 0.19mg (9.72%), Selenium: 6.63µg (9.48%), Vitamin A: 396.95IU (7.94%), Vitamin B3: 0.49mg (2.47%), Folate: 7.77µg (1.94%), Vitamin K: 1.79µg (1.7%)