



Nutella Hot Chocolate



Vegetarian



Gluten Free



Popular

READY IN



5 min.

SERVINGS



4

CALORIES



111 kcal

BEVERAGE

DRINK

Ingredients



1 cup milk



1.5 tbsp nutella

Equipment

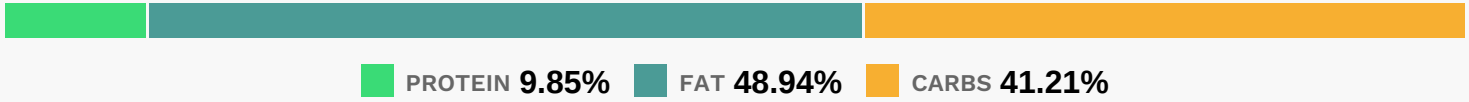


sauce pan

Directions

- ☐
- Pour milk and Nutella in a small saucepan. Stir over medium heat until Nutella and milk are completely blended and begins to boil.
- ☐
- Pour into a mug and drink while warm.
- ☐
- Garnish with marshmallows or whipped cream if desired.

Nutrition Facts



Properties

Glycemic Index:16.83, Glycemic Load:3.4, Inflammation Score:-1, Nutrition Score:3.472173942172%

Nutrients (% of daily need)

Calories: 111.39kcal (5.57%), Fat: 6.07g (9.34%), Saturated Fat: 5.08g (31.72%), Carbohydrates: 11.51g (3.84%), Net Carbohydrates: 10.76g (3.91%), Sugar: 10.43g (11.59%), Cholesterol: 7.32mg (2.44%), Sodium: 28.87mg (1.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.5%), Calcium: 90.01mg (9%), Phosphorus: 82.7mg (8.27%), Vitamin B2: 0.11mg (6.34%), Manganese: 0.12mg (6.14%), Vitamin B12: 0.37µg (6.11%), Vitamin E: 0.72mg (4.79%), Vitamin D: 0.67µg (4.47%), Potassium: 147.97mg (4.23%), Magnesium: 16.2mg (4.05%), Iron: 0.61mg (3.38%), Copper: 0.07mg (3.28%), Vitamin B1: 0.05mg (3.06%), Fiber: 0.75g (3%), Vitamin B5: 0.28mg (2.77%), Zinc: 0.4mg (2.65%), Vitamin B6: 0.05mg (2.43%), Selenium: 1.66µg (2.37%), Vitamin A: 99.24IU (1.98%)