



One Love" Hot Chocolate

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



43 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 small cinnamon sticks
- ☐ 2 tablespoons dutch process cocoa powder
- ☐ 1 pinch nutmeg grated
- ☐ 0.8 cup water
- ☐ 8 servings garnish: whipped cream
- ☐ 1.3 cups milk whole warmed

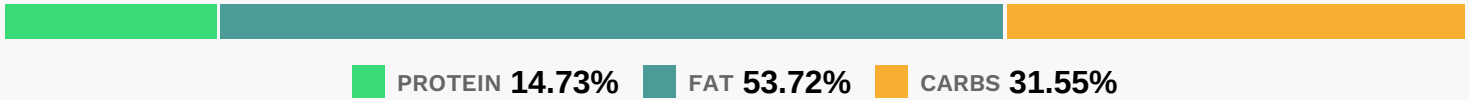
Equipment

- ☐ pot

Directions

- ☐ Combine water and cinnamon in a large pot, and bring to a boil; cover, reduce heat to low, and simmer 15 minutes.
- ☐ Remove cinnamon stick, and discard.
- ☐ Add nutmeg and milk, and stir. Stir in cocoa.
- ☐ Pour into cups.
- ☐ Garnish, if desired.
- ☐ *For testing purposes, we used Ghirardelli Double Chocolate Hot Chocolate mix.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:1.12, Inflammation Score:-1, Nutrition Score:2.2565217453824%

Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 42.88kcal (2.14%), Fat: 2.78g (4.27%), Saturated Fat: 1.67g (10.46%), Carbohydrates: 3.67g (1.22%), Net Carbohydrates: 2.95g (1.07%), Sugar: 2.38g (2.65%), Cholesterol: 9.14mg (3.05%), Sodium: 16.4mg (0.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.42%), Manganese: 0.13mg (6.48%), Calcium: 59.83mg (5.98%), Phosphorus: 53.57mg (5.36%), Vitamin B12: 0.22µg (3.72%), Vitamin B2: 0.06mg (3.52%), Magnesium: 12.19mg (3.05%), Vitamin D: 0.44µg (2.96%), Fiber: 0.72g (2.88%), Copper: 0.05mg (2.73%), Potassium: 87.33mg (2.5%), Vitamin A: 104.28IU (2.09%), Zinc: 0.28mg (1.84%), Vitamin B1: 0.03mg (1.67%), Vitamin B5: 0.17mg (1.65%), Selenium: 1µg (1.43%), Vitamin B6: 0.03mg (1.4%), Iron: 0.22mg (1.21%)