



Orange-Almond Rich 'n' Thick Hot Chocolate

 Vegetarian  Gluten Free

READY IN



18 min.

SERVINGS



8

CALORIES



285 kcal

BEVERAGE

DRINK

Ingredients

- 2 tablespoons almond liqueur
- 2 teaspoons cornstarch
- 7 oz chocolate bars dark 70% chopped (at least cacao)
- 0.3 cup honey
- 4 cups milk divided
- 3 tablespoons orange juice
- 1 pinch salt
- 1 teaspoon vanilla extract

Equipment

- sauce pan
- whisk

Directions

- Whisk together cornstarch and 1/2 cup milk until smooth.
- Cook remaining 3 1/2 cups milk in a large, nonaluminum saucepan over medium heat until bubbles appear around edge of saucepan (about 4 minutes; do not boil).
- Whisk in chocolate, honey, orange juice, almond liqueur, vanilla extract, and salt until blended and smooth.
- Whisk in cornstarch mixture.
- Bring milk mixture to a light boil, whisking frequently (about 4 minutes).
- Remove from heat.
- Let cool slightly. (
- Mixture will thicken as it cools.)
- Serve immediately with Marshmallow Whipped Cream, if desired.
- Note: For testing purposes only, we used Ghirardelli Intense Dark Twilight Delight 72% Cacao dark chocolate bar and Amaretto for almond liqueur.

Nutrition Facts



PROTEIN 9.05% **FAT 48.91%** **CARBS 42.04%**

Properties

Glycemic Index:21.91, Glycemic Load:10.59, Inflammation Score:-4, Nutrition Score:10.313478327316%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg

0.15mg, Naringenin: 0.15mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 285.17kcal (14.26%), Fat: 15.74g (24.21%), Saturated Fat: 8.44g (52.75%), Carbohydrates: 30.44g (10.15%), Net Carbohydrates: 27.38g (9.96%), Sugar: 24.12g (26.8%), Cholesterol: 15.38mg (5.13%), Sodium: 56.91mg (2.47%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Caffeine: 19.84mg (6.61%), Protein: 6.55g (13.11%), Manganese: 0.56mg (27.94%), Copper: 0.47mg (23.68%), Phosphorus: 213.39mg (21.34%), Magnesium: 79.01mg (19.75%), Calcium: 176.51mg (17.65%), Iron: 3.12mg (17.33%), Vitamin B2: 0.22mg (13.17%), Fiber: 3.06g (12.25%), Vitamin B12: 0.73µg (12.14%), Potassium: 399.54mg (11.42%), Zinc: 1.43mg (9.56%), Vitamin D: 1.34µg (8.95%), Selenium: 4.24µg (6.06%), Vitamin B5: 0.59mg (5.92%), Vitamin B1: 0.09mg (5.84%), Vitamin E: 0.85mg (5.67%), Vitamin B6: 0.09mg (4.67%), Vitamin A: 220.09IU (4.4%), Vitamin C: 3.26mg (3.95%), Vitamin B3: 0.52mg (2.62%), Vitamin K: 2.18µg (2.08%)