



Orange-Flavored Hot Chocolate

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



122 kcal

BEVERAGE

DRINK

Ingredients

- 0.8 cup ground chocolate and cocoa sweet (such as Ghirardelli)
- 4 cups milk 1% low-fat
- 2 large navel oranges
- 6 tablespoons non-dairy whipped topping fat-free frozen thawed

Equipment

- bowl
- frying pan
- sauce pan

- sieve
- peeler

Directions

- Carefully remove rind from oranges using a vegetable peeler, making sure not to get any of the white pithy part of the rind.
- Combine orange rind and milk in a large saucepan, reserving orange pulp for another use. Bring milk mixture to a simmer over medium-high heat, stirring constantly.
- Remove from heat; cover and let stand 20 minutes.
- Strain milk mixture through a sieve into a bowl, discarding orange rind. Return milk to pan. Stir in chocolate. Bring to a simmer over medium-high heat, stirring constantly.
- Pour into 6 mugs; top each serving with whipped topping.
- Garnish with orange curls, if desired.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:12.759130525848%

Flavonoids

Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg Hesperetin: 10.21mg, Hesperetin: 10.21mg, Hesperetin: 10.21mg, Hesperetin: 10.21mg Naringenin: 3.31mg, Naringenin: 3.31mg, Naringenin: 3.31mg, Naringenin: 3.31mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 121.74kcal (6.09%), Fat: 3.26g (5.02%), Saturated Fat: 1.9g (11.86%), Carbohydrates: 21.37g (7.12%), Net Carbohydrates: 16.34g (5.94%), Sugar: 12.68g (14.09%), Cholesterol: 8.59mg (2.86%), Sodium: 67.32mg (2.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 24.73mg (8.24%), Protein: 7.98g (15.97%), Vitamin C: 27.58mg (33.43%), Phosphorus: 254.75mg (25.48%), Calcium: 236.93mg (23.69%), Manganese: 0.43mg (21.54%), Copper: 0.43mg (21.4%), Fiber: 5.02g (20.09%), Magnesium: 78.02mg (19.5%), Vitamin B2: 0.3mg (17.52%), Vitamin B12: 1.03µg (17.11%), Potassium: 495.89mg (14.17%), Vitamin D: 1.73µg (11.54%), Zinc: 1.46mg (9.73%), Vitamin B1: 0.14mg

(9.1%), Iron: 1.56mg (8.65%), Vitamin A: 431.52IU (8.63%), Vitamin B6: 0.15mg (7.47%), Vitamin B5: 0.72mg (7.17%), Selenium: 4.98µg (7.11%), Folate: 23.22µg (5.8%), Vitamin B3: 0.63mg (3.13%)