



Orange-Kissed Double Chocolate Hot Cocoa

Gluten Free **Low Fod Map**

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

202 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.8 cup double chocolate cocoa hot ghirardelli®
- ☐ 4 cups half-and-half light whole
- ☐ 0.5 cup marshmallows miniature
- ☐ 2 oranges

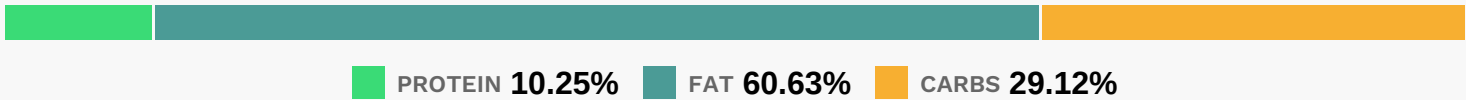
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ peeler

Directions

- ☐ Using a vegetable peeler, remove zest (orange part only) from the oranges (save oranges for another use). In a medium saucepan, combine half-and-half and orange zest. Cook and stir over medium heat until mixture just comes to boiling.
- ☐ Remove from heat. Cover and let stand for 30 minutes.
- ☐ Strain milk into a medium bowl; discard orange zest. Return milk to saucepan. Stir in Ghirardelli® Double Chocolate Hot Cocoa mix.
- ☐ Heat through but do not boil.
- ☐ Remove saucepan from heat. If desired, stir in liqueur.
- ☐ Serve in demitasse cups or shot glasses. Top with marshmallows and, if desired, Sugared Orange Zest.
- ☐ Sugared Orange Zest: Using a vegetable peeler, remove zest (orange part only) from 1 orange (save orange for another use).
- ☐ Cut the zest into thin strips. Toss the strips in a small amount of sugar (2 to 3 tablespoons) to coat.

Nutrition Facts



Properties

Glycemic Index:12.88, Glycemic Load:2.84, Inflammation Score:-6, Nutrition Score:8.7752173568891%

Flavonoids

Catechin: 5.23mg, Catechin: 5.23mg, Catechin: 5.23mg, Catechin: 5.23mg Epicatechin: 15.84mg, Epicatechin: 15.84mg, Epicatechin: 15.84mg, Epicatechin: 15.84mg Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 202.22kcal (10.11%), Fat: 15.07g (23.18%), Saturated Fat: 9.16g (57.27%), Carbohydrates: 16.28g (5.43%), Net Carbohydrates: 12.5g (4.55%), Sugar: 10g (11.11%), Cholesterol: 42.35mg (14.12%), Sodium: 78mg (3.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 18.54mg (6.18%), Protein: 5.73g (11.46%), Vitamin C: 18.51mg

(22.44%), Phosphorus: 178.96mg (17.9%), Copper: 0.33mg (16.71%), Manganese: 0.32mg (15.95%), Vitamin B2: 0.27mg (15.72%), Calcium: 152.98mg (15.3%), Fiber: 3.77g (15.09%), Magnesium: 55.67mg (13.92%), Vitamin A: 502.03IU (10.04%), Potassium: 341.7mg (9.76%), Selenium: 5.24µg (7.49%), Zinc: 1.05mg (6.97%), Iron: 1.22mg (6.78%), Vitamin B1: 0.07mg (4.74%), Vitamin B5: 0.45mg (4.52%), Vitamin B6: 0.09mg (4.49%), Folate: 16.07µg (4.02%), Vitamin B12: 0.23µg (3.83%), Vitamin E: 0.37mg (2.46%), Vitamin B3: 0.4mg (2.01%), Vitamin K: 1.77µg (1.69%)