



Orange-Scented Mocha Sipping Dessert

 Gluten Free

READY IN



19 min.

SERVINGS



4

CALORIES



416 kcal

BEVERAGE

DRINK

Ingredients

- 0.1 teaspoon ground nutmeg
- 1 cup half-and-half
- 0.5 teaspoon espresso or instant
- 2 cups milk
- 1 strips garnishes: orange rind and curls
- 4 strips orange rind (2-inch)
- 6 ounces semisweet chocolate morsels
- 4 servings whipped cream sweetened

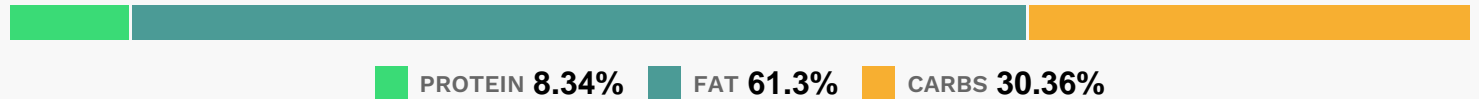
Equipment

- sauce pan
- whisk

Directions

- Combine first 6 ingredients in heavy medium saucepan. Cook over medium heat, whisking often, 3 to 4 minutes or until chocolate is melted. Increase heat to medium-high, and cook, whisking often, 4 to 5 minutes or just until mixture begins to boil.
- Remove from heat; discard orange rind strips.
- Serve immediately with sweetened whipped cream.
- Garnish, if desired.
- Note: This recipe can be prepared up to 2 hours ahead.
- Let stand at room temperature. Before serving, bring to a light boil, whisking occasionally; remove from heat, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:2.59, Inflammation Score:-6, Nutrition Score:12.567391286726%

Nutrients (% of daily need)

Calories: 416.07kcal (20.8%), Fat: 28.51g (43.86%), Saturated Fat: 16.74g (104.61%), Carbohydrates: 31.78g (10.59%), Net Carbohydrates: 28.23g (10.27%), Sugar: 24.48g (27.19%), Cholesterol: 42.93mg (14.31%), Sodium: 88.09mg (3.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 40.5mg (13.5%), Protein: 8.73g (17.45%), Phosphorus: 297.37mg (29.74%), Manganese: 0.57mg (28.65%), Copper: 0.54mg (27%), Calcium: 249.52mg (24.95%), Magnesium: 96.99mg (24.25%), Vitamin B2: 0.31mg (18.34%), Iron: 2.74mg (15.21%), Potassium: 520.09mg (14.86%), Vitamin B12: 0.87µg (14.46%), Fiber: 3.55g (14.19%), Zinc: 1.89mg (12.6%), Selenium: 7.94µg (11.34%), Vitamin A: 479.49IU (9.59%), Vitamin D: 1.37µg (9.11%), Vitamin B5: 0.78mg (7.82%), Vitamin B1: 0.1mg (6.93%), Vitamin B6: 0.12mg (6.2%), Vitamin K: 4.33µg (4.12%), Vitamin E: 0.5mg (3.36%), Vitamin B3: 0.6mg (3.01%), Vitamin C: 2.25mg (2.72%)