



Parisian Hot Chocolate



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



281 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 ounces bittersweet chocolate finely chopped
- ☐ 8 servings bittersweet chocolate grated for serving, optional
- ☐ 0.5 cup dutch process cocoa
- ☐ 1 quart milk 1% low-fat
- ☐ 0.5 cup sugar
- ☐ 8 servings whipped cream for serving, optional
- ☐ 0.3 cup whipping cream

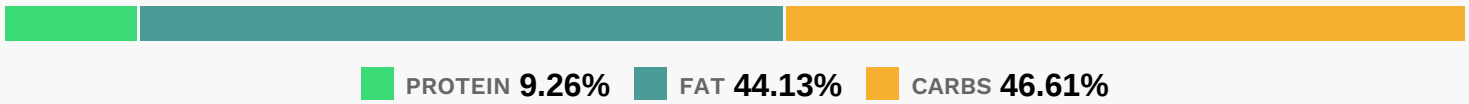
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ double boiler

Directions

- ☐ In top part of a double boiler, mix milk, chocolate, cocoa, and sugar.
- ☐ Place over simmering water and cook, stirring occasionally with a whisk, until chocolate has melted and mixture is smooth and hot, about 20 minutes. (Don't have a double boiler?
- ☐ Heat chocolate mixture in a small saucepan over a larger pan of boiling water.) Stir in cream and heat through.
- ☐ Pour into mugs, top with whipped cream and the chocolate shavings, if desired, and serve while warm.
- ☐ Variation: Make Mocha Chocolate la Paris by substituting hot, strong-brewed coffee for whipping cream.

Nutrition Facts



Properties

Glycemic Index:15.64, Glycemic Load:9.14, Inflammation Score:-5, Nutrition Score:10.14826087022%

Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 280.85kcal (14.04%), Fat: 14.45g (22.23%), Saturated Fat: 8.55g (53.44%), Carbohydrates: 34.33g (11.44%), Net Carbohydrates: 30.56g (11.11%), Sugar: 27.31g (30.34%), Cholesterol: 20.21mg (6.74%), Sodium: 52.1mg (2.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 31.51mg (10.5%), Protein: 6.82g (13.64%), Manganese: 0.51mg (25.27%), Copper: 0.49mg (24.25%), Phosphorus: 228.83mg (22.88%), Magnesium: 81.38mg (20.34%), Calcium: 180.83mg (18.08%), Fiber: 3.77g (15.08%), Vitamin B12: 0.79µg (13.18%), Vitamin B2: 0.21mg (12.34%), Iron: 2.17mg (12.06%), Potassium: 412.15mg (11.78%), Zinc: 1.51mg (10.04%), Vitamin D: 1.44µg (9.63%), Vitamin A:

393.42IU (7.87%), Selenium: 5.5µg (7.86%), Vitamin B1: 0.08mg (5.5%), Vitamin B5: 0.54mg (5.45%), Vitamin B6: 0.09mg (4.5%), Vitamin B3: 0.45mg (2.23%), Vitamin K: 2.21µg (2.1%), Vitamin E: 0.27mg (1.78%), Folate: 4.56µg (1.14%)