



Peanut Buttercup Hot Chocolate

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



2 min.

SERVINGS



1

CALORIES



209 kcal

BEVERAGE

DRINK

Ingredients

- 2 teaspoons creamy peanut butter
- 1 ounce chocolate mix hot instant

Equipment

Directions

- In a mug, prepare chocolate mix as directed on package. Stir in 1 or 2 teaspoons peanut butter.

Nutrition Facts

PROTEIN 7.77% FAT 48.85% CARBS 43.38%

Properties

Glycemic Index:14, Glycemic Load:0.39, Inflammation Score:-1, Nutrition Score:3.5447826197614%

Nutrients (% of daily need)

Calories: 208.92kcal (10.45%), Fat: 12.43g (19.12%), Saturated Fat: 4.45g (27.82%), Carbohydrates: 24.83g (8.28%), Net Carbohydrates: 22.93g (8.34%), Sugar: 18.69g (20.77%), Cholesterol: 0mg (0%), Sodium: 309.61mg (13.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.45g (8.9%), Manganese: 0.23mg (11.73%), Vitamin B3: 2.13mg (10.64%), Vitamin E: 1.46mg (9.72%), Fiber: 1.9g (7.61%), Magnesium: 27.04mg (6.76%), Phosphorus: 54.24mg (5.42%), Iron: 0.79mg (4.37%), Calcium: 36.19mg (3.62%), Vitamin B6: 0.07mg (3.55%), Folate: 13.76µg (3.44%), Copper: 0.07mg (3.36%), Zinc: 0.41mg (2.71%), Potassium: 90.24mg (2.58%), Vitamin B2: 0.03mg (1.8%), Vitamin B5: 0.17mg (1.7%), Vitamin B1: 0.02mg (1.47%)