



Peppermint Hot Chocolate

 Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



85 kcal

BEVERAGE

DRINK

Ingredients

- 1 Tbsp candy canes crushed finely
- 1 T disc tassimo suchard chocolate hot
- 1 Tbsp cool whip whipped topping thawed

Equipment

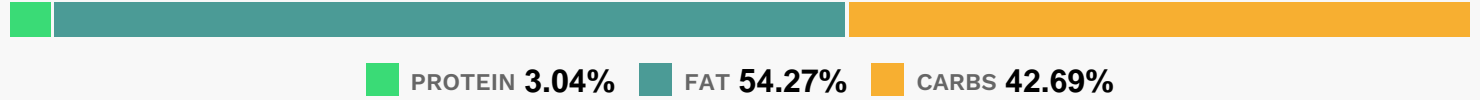
Directions

- Place candy in mug.

Prepare T DISC in same mug; stir until candy is completely dissolved.

Top with COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:42.6, Glycemic Load:3.46, Inflammation Score:-1, Nutrition Score:1.2991304423498%

Nutrients (% of daily need)

Calories: 85.05kcal (4.25%), Fat: 5.65g (8.69%), Saturated Fat: 3.48g (21.74%), Carbohydrates: 9.99g (3.33%), Net Carbohydrates: 9.18g (3.34%), Sugar: 8.67g (9.64%), Cholesterol: 0.09mg (0.03%), Sodium: 5.61mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.76mg (3.25%), Protein: 0.71g (1.42%), Copper: 0.09mg (4.27%), Magnesium: 17.02mg (4.26%), Manganese: 0.07mg (3.65%), Fiber: 0.81g (3.25%), Phosphorus: 25.07mg (2.51%), Vitamin B2: 0.04mg (2.33%), Iron: 0.41mg (2.29%), Zinc: 0.23mg (1.51%), Potassium: 47.43mg (1.36%), Vitamin K: 1.08µg (1.02%)