



Peppermint hot chocolate

 Gluten Free

READY IN



12 min.

SERVINGS



6

CALORIES



413 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 200 g chocolate bar plain
- ☐ 600 ml milk
- ☐ 150 ml double cream
- ☐ 6 servings sugar to taste
- ☐ 6 peppermint candies

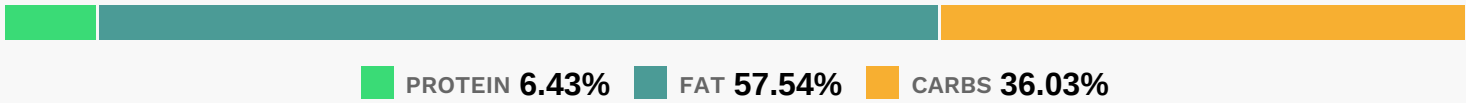
Equipment

- ☐ frying pan

Directions

- ☐
- Put the chocolate in a pan with the milk. Gently heat, stirring until all the chocolate has melted. Continue heating until the milk is steaming, then remove from the heat and stir in the cream.
- ☐
- Divide the hot chocolate between 6 mugs, add sugar to taste and hang a candy cane on the edge of each. Pass the mugs round and let everyone stir their hot chocolate with their candy cane letting as much of the sweet peppermint dissolve as they fancy.

Nutrition Facts



Properties

Glycemic Index:33.52, Glycemic Load:16.2, Inflammation Score:-6, Nutrition Score:11.317826040413%

Nutrients (% of daily need)

Calories: 413.17kcal (20.66%), Fat: 26.63g (40.97%), Saturated Fat: 15.87g (99.16%), Carbohydrates: 37.51g (12.5%), Net Carbohydrates: 33.88g (12.32%), Sugar: 29.05g (32.27%), Cholesterol: 41.79mg (13.93%), Sodium: 52.77mg (2.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 26.67mg (8.89%), Protein: 6.69g (13.39%), Manganese: 0.65mg (32.71%), Copper: 0.59mg (29.67%), Magnesium: 90.14mg (22.53%), Iron: 4mg (22.21%), Phosphorus: 221.42mg (22.14%), Calcium: 167.91mg (16.79%), Fiber: 3.63g (14.53%), Vitamin B2: 0.22mg (12.82%), Potassium: 417.16mg (11.92%), Vitamin B12: 0.69µg (11.51%), Vitamin A: 549.77IU (11%), Zinc: 1.59mg (10.58%), Vitamin D: 1.54µg (10.25%), Selenium: 5.05µg (7.22%), Vitamin B5: 0.59mg (5.88%), Vitamin B1: 0.07mg (4.94%), Vitamin B6: 0.08mg (4.22%), Vitamin K: 3.55µg (3.38%), Vitamin E: 0.48mg (3.2%), Vitamin B3: 0.48mg (2.38%)