



Peppermint-Mocha Delight

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



35 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 oz baker's chocolate unsweetened finely chopped
- 2 cups maxwell house coffee hot brewed (double strength)
- 2 cups milk fat-free
- 2 Tbsp granular no-calorie sweetener
- 0.5 tsp peppermint extract
- 0.5 cup cool whip whipped topping sugar free thawed

Equipment

- bowl

sauce pan

whisk

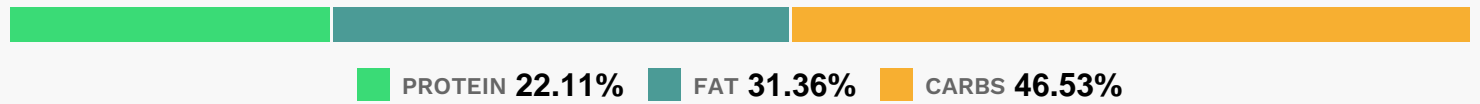
Directions

Cook first 3 ingredients in saucepan 5 min. or until heated through, stirring frequently. (Do not boil.)

Add to chocolate in medium bowl; whisk until chocolate is melted and mixture is well blended. Stir in coffee.

Pour into 4 mugs. Top with COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:8.32, Glycemic Load:1.07, Inflammation Score:-1, Nutrition Score:2.5143478240656%

Flavonoids

Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 2.03mg, Epicatechin: 2.03mg, Epicatechin: 2.03mg, Epicatechin: 2.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 35.26kcal (1.76%), Fat: 1.28g (1.97%), Saturated Fat: 0.91g (5.67%), Carbohydrates: 4.28g (1.43%), Net Carbohydrates: 4.04g (1.47%), Sugar: 3.88g (4.31%), Cholesterol: 1.54mg (0.51%), Sodium: 24.1mg (1.05%), Alcohol: 0.07g (100%), Alcohol %: 0.09% (100%), Caffeine: 20.09mg (6.7%), Protein: 2.03g (4.07%), Calcium: 69.75mg (6.97%), Phosphorus: 62.31mg (6.23%), Vitamin B2: 0.11mg (6.19%), Vitamin B12: 0.29µg (4.86%), Manganese: 0.07mg (3.6%), Vitamin D: 0.54µg (3.59%), Potassium: 120.94mg (3.46%), Magnesium: 12.22mg (3.06%), Vitamin B5: 0.3mg (2.98%), Zinc: 0.37mg (2.47%), Vitamin B1: 0.04mg (2.46%), Copper: 0.05mg (2.41%), Vitamin A: 102.74IU (2.05%), Selenium: 1.18µg (1.69%), Vitamin B6: 0.03mg (1.5%), Iron: 0.26mg (1.42%)