



Peppermint Stick Cocoa



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



225 kcal

SIDE DISH

Ingredients

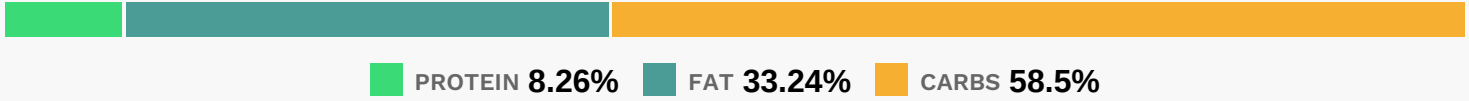
- ☐ 0.5 cup chocolate chips miniature
- ☐ 1 cup granulated sugar
- ☐ 0.5 cup peppermint candies crushed
- ☐ 1 cup powdered milk
- ☐ 0.5 teaspoon salt
- ☐ 1 cup cocoa powder unsweetened

Equipment

Directions

☐ Layer powdered milk, cocoa powder, sugar, salt, chocolate chips, and peppermint candy.

Nutrition Facts



Properties

Glycemic Index:9.59, Glycemic Load:13.48, Inflammation Score:-3, Nutrition Score:5.9391304241574%

Flavonoids

Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 224.59kcal (11.23%), Fat: 9.04g (13.91%), Saturated Fat: 6.37g (39.78%), Carbohydrates: 35.82g (11.94%), Net Carbohydrates: 32.96g (11.99%), Sugar: 31.14g (34.6%), Cholesterol: 11.47mg (3.82%), Sodium: 149.35mg (6.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 16.48mg (5.49%), Protein: 5.06g (10.11%), Copper: 0.28mg (14.07%), Manganese: 0.28mg (14.01%), Phosphorus: 135.38mg (13.54%), Calcium: 130.17mg (13.02%), Fiber: 2.85g (11.42%), Magnesium: 44.83mg (11.21%), Vitamin B2: 0.15mg (8.73%), Vitamin D: 1.12µg (7.47%), Potassium: 251.15mg (7.18%), Iron: 1.15mg (6.38%), Vitamin B12: 0.35µg (5.78%), Zinc: 0.85mg (5.64%), Selenium: 2.86µg (4.09%), Vitamin B5: 0.26mg (2.6%), Vitamin B1: 0.04mg (2.39%), Vitamin A: 116.43IU (2.33%), Vitamin B6: 0.04mg (2.03%), Folate: 6.24µg (1.56%), Vitamin C: 0.96mg (1.17%), Vitamin B3: 0.23mg (1.13%)