



## Peppermint Stick Hot Chocolate

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



182 kcal

SIDE DISH

### Ingredients

- ☐ 12 candy canes
- ☐ 0.8 cup t brown sugar dark packed
- ☐ 0.1 teaspoon nutmeg
- ☐ 8 cups milk 2% reduced-fat
- ☐ 0.8 cup marshmallows miniature
- ☐ 3 ounces bittersweet chocolate finely chopped
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract

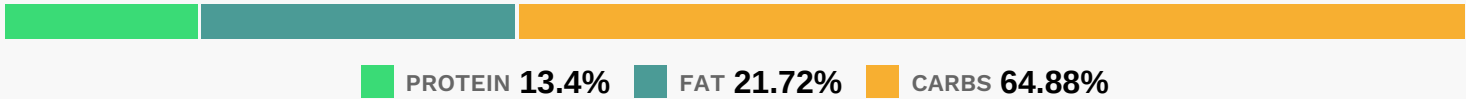
# Equipment

☐ sauce pan

# Directions

- ☐ Combine milk, brown sugar, cocoa, vanilla, nutmeg, and semisweet chocolate in a large saucepan over medium-low heat. Cook 25 minutes or until chocolate melts and mixture is smooth, stirring occasionally.
- ☐ Serve with candy canes and marshmallows.
- ☐ Garnish with whole grated nutmeg, if desired.

# Nutrition Facts



# Properties

Glycemic Index:10.88, Glycemic Load:2.31, Inflammation Score:0, Nutrition Score:7.6243477878363%

# Flavonoids

Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

# Nutrients (% of daily need)

Calories: 182.36kcal (9.12%), Fat: 4.55g (7.01%), Saturated Fat: 2.66g (16.6%), Carbohydrates: 30.62g (10.21%), Net Carbohydrates: 29.16g (10.6%), Sugar: 26.53g (29.48%), Cholesterol: 8.29mg (2.76%), Sodium: 70.2mg (3.05%), Alcohol: 0.11g (100%), Alcohol %: 0.07% (100%), Caffeine: 11.59mg (3.86%), Protein: 6.32g (12.64%), Calcium: 217.32mg (21.73%), Phosphorus: 199mg (19.9%), Vitamin B12: 0.97µg (16.21%), Vitamin B2: 0.23mg (13.52%), Vitamin D: 1.73µg (11.54%), Magnesium: 44.68mg (11.17%), Manganese: 0.2mg (10.04%), Potassium: 345.74mg (9.88%), Copper: 0.19mg (9.6%), Zinc: 1.03mg (6.89%), Selenium: 4.49µg (6.41%), Vitamin B1: 0.09mg (6.26%), Vitamin A: 311.94IU (6.24%), Vitamin B5: 0.61mg (6.14%), Fiber: 1.46g (5.84%), Vitamin B6: 0.11mg (5.28%), Iron: 0.89mg (4.94%), Vitamin B3: 0.31mg (1.55%), Folate: 4.11µg (1.03%)