



Peppermint Stick Hot Chocolate

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



188 kcal

BEVERAGE

DRINK

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

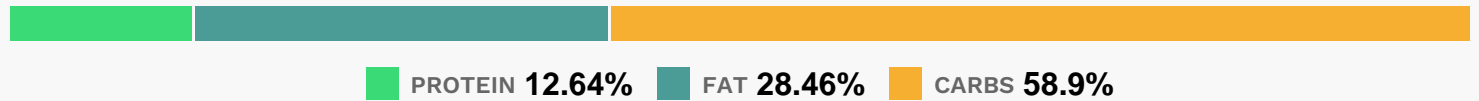
Equipment

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:1.54, Inflammation Score:-3, Nutrition Score:6.940434826457%

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: 188.41kcal (9.42%), Fat: 6.17g (9.49%), Saturated Fat: 3.74g (23.37%), Carbohydrates: 28.73g (9.58%), Net Carbohydrates: 27.27g (9.92%), Sugar: 25.79g (28.66%), Cholesterol: 13.01mg (4.34%), Sodium: 81.54mg (3.55%), Alcohol: 0.11g (100%), Alcohol %: 0.07% (100%), Caffeine: 11.59mg (3.86%), Protein: 6.17g (12.34%), Calcium: 207.83mg (20.78%), Phosphorus: 181.57mg (18.16%), Vitamin B2: 0.3mg (17.69%), Vitamin B12: 0.85µg (14.11%), Manganese: 0.22mg (10.9%), Magnesium: 43.08mg (10.77%), Copper: 0.2mg (9.92%), Potassium: 315.77mg (9.02%), Zinc: 1.11mg (7.41%), Selenium: 5.09µg (7.27%), Vitamin B5: 0.61mg (6.06%), Fiber: 1.46g (5.83%), Iron: 0.92mg (5.1%), Vitamin B1: 0.07mg (4.38%), Vitamin B6: 0.07mg (3.54%), Vitamin A: 164.04IU (3.28%), Folate: 8.82µg (2.2%), Vitamin B3: 0.28mg (1.38%)