



Peppermint White Hot Chocolate

 Gluten Free

READY IN



16 min.

SERVINGS



6

CALORIES



204 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 tablespoon light-colored corn syrup
- ☐ 4 cups milk 1% low-fat
- ☐ 4 peppermint candies hard
- ☐ 7 peppermint candies hard crushed
- ☐ 0.5 teaspoon peppermint extract pure
- ☐ 6 tablespoons non-dairy whipped topping fat-free frozen thawed
- ☐ 0.5 cup chocolate chips white

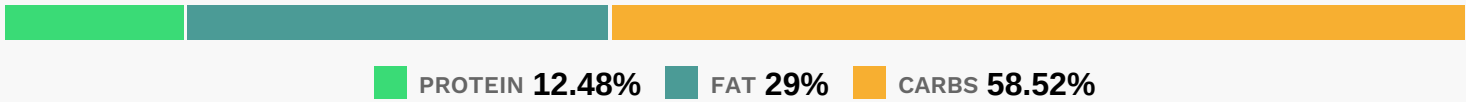
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Cook milk in a heavy saucepan over medium heat until warm (do not boil).
- ☐ Add 7 crushed peppermint candies, stirring until candies dissolve.
- ☐ Add white chocolate, stirring with a whisk until chocolate melts. Cook until tiny bubbles form around edge of pan (do not boil), stirring constantly with a whisk.
- ☐ Remove from heat; stir in extract.
- ☐ Coarsely crush 2 peppermint candies; set aside. Finely crush remaining 2 peppermint candies. Coat rims of 6 mugs with corn syrup.
- ☐ Place 2 finely crushed peppermint candies in a saucer; dip rim of each mug in candies to coat.
- ☐ Pour 2/3 cup hot chocolate into each mug; top each serving with 1 tablespoon whipped topping.
- ☐ Sprinkle 2 coarsely crushed candies evenly over topping.

Nutrition Facts



Properties

Glycemic Index:38.17, Glycemic Load:12.8, Inflammation Score:-3, Nutrition Score:6.4034782654565%

Nutrients (% of daily need)

Calories: 203.67kcal (10.18%), Fat: 6.54g (10.06%), Saturated Fat: 3.93g (24.58%), Carbohydrates: 29.7g (9.9%), Net Carbohydrates: 29.65g (10.78%), Sugar: 26.43g (29.36%), Cholesterol: 11.74mg (3.91%), Sodium: 80.4mg (3.5%), Alcohol: 0.11g (100%), Alcohol %: 0.08% (100%), Protein: 6.33g (12.67%), Calcium: 233.46mg (23.35%), Phosphorus: 191.53mg (19.15%), Vitamin B12: 1.11µg (18.51%), Vitamin B2: 0.29mg (17.1%), Vitamin D: 1.73µg (11.54%), Potassium: 298.45mg (8.53%), Vitamin B1: 0.11mg (7.2%), Vitamin B5: 0.66mg (6.59%), Vitamin A: 320.75IU (6.41%), Selenium: 4.14µg (5.91%), Zinc: 0.82mg (5.45%), Vitamin B6: 0.11mg (5.42%), Magnesium: 21.12mg (5.28%), Vitamin B3: 0.31mg (1.54%), Vitamin K: 1.54µg (1.46%), Folate: 4.96µg (1.24%), Vitamin E: 0.18mg (1.2%)