

Pumpkin Pie White Hot Chocolate



Vegetarian



Gluten Free



Popular

READY IN



10 min.

SERVINGS



4

CALORIES



287 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 teaspoon cinnamon
- ☐ 0.3 teaspoon ginger
- ☐ 0.1 teaspoon nutmeg
- ☐ 1 cup pumpkin puree
- ☐ 1 pinch salt
- ☐ 1 teaspoon vanilla
- ☐ 4 ounces chocolate white roughly chopped
- ☐ 3 cups milk whole

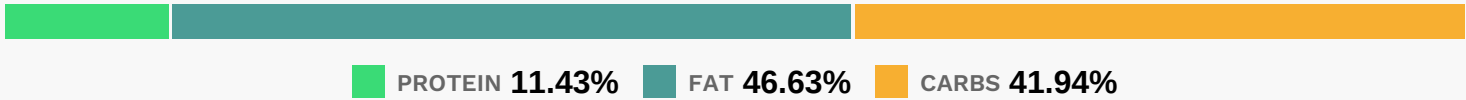
Equipment

☐ sauce pan

Directions

- ☐ Heat the milk, pumpkin puree, spices and vanilla in a sauce pan until it just starts to simmer and remove form heat.
- ☐ Add the chocolate and stir until it has melted.
- ☐ Pour into mugs and top with whipped cream and garnish with cinnamon.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:14.97, Inflammation Score:-10, Nutrition Score:14.307826145836%

Nutrients (% of daily need)

Calories: 287.35kcal (14.37%), Fat: 15.15g (23.32%), Saturated Fat: 9.01g (56.32%), Carbohydrates: 30.67g (10.22%), Net Carbohydrates: 28.68g (10.43%), Sugar: 27.7g (30.78%), Cholesterol: 27.91mg (9.3%), Sodium: 107.95mg (4.69%), Alcohol: 0.34g (100%), Alcohol %: 0.16% (100%), Protein: 8.36g (16.71%), Vitamin A: 9838.1IU (196.76%), Calcium: 300.19mg (30.02%), Phosphorus: 256.56mg (25.66%), Vitamin B2: 0.37mg (21.57%), Vitamin B12: 1.15µg (19.12%), Potassium: 485.05mg (13.86%), Vitamin D: 2.01µg (13.42%), Vitamin K: 13.01µg (12.39%), Vitamin B5: 1.1mg (11.01%), Magnesium: 39.89mg (9.97%), Vitamin B1: 0.14mg (9.03%), Vitamin B6: 0.16mg (8.14%), Fiber: 1.98g (7.92%), Manganese: 0.15mg (7.45%), Selenium: 5.01µg (7.15%), Zinc: 1.07mg (7.14%), Vitamin E: 1.02mg (6.79%), Iron: 0.94mg (5.25%), Copper: 0.09mg (4.34%), Vitamin C: 2.73mg (3.31%), Vitamin B3: 0.64mg (3.19%), Folate: 9.41µg (2.35%)