



Rich and Creamy Hot Chocolate

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



352 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 inch cinnamon
- ☐ 0.8 cup marshmallow creme
- ☐ 2 tablespoons bittersweet chocolate shaved
- ☐ 2.5 ounces bittersweet chocolate chopped
- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons whipping cream
- ☐ 2.8 cups milk whole

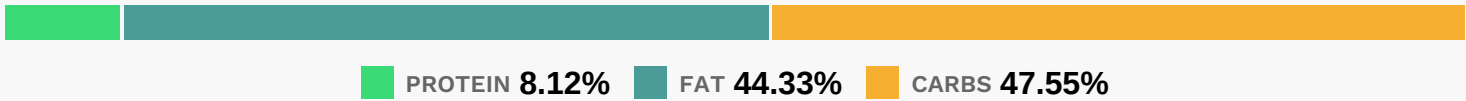
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place milk and cinnamon sticks in a medium saucepan. Bring to a boil over medium heat, stirring occasionally.
- ☐ Remove from heat, and let cool 10 minutes.
- ☐ Remove and discard cinnamon sticks.
- ☐ Add marshmallow cream to milk mixture. Cook over medium heat, stirring constantly with a wire whisk, until thoroughly heated. Stir in chopped chocolate; cook, stirring constantly, until chocolate melts.
- ☐ Remove from heat; stir in vanilla.
- ☐ Pour into individual mugs, and top with whipped cream and shaved chocolate.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:3, Inflammation Score:-4, Nutrition Score:10.473043523405%

Nutrients (% of daily need)

Calories: 352.09kcal (17.6%), Fat: 17.76g (27.32%), Saturated Fat: 10.41g (65.04%), Carbohydrates: 42.84g (14.28%), Net Carbohydrates: 40.03g (14.56%), Sugar: 32.35g (35.94%), Cholesterol: 30.12mg (10.04%), Sodium: 68.53mg (2.98%), Alcohol: 0.34g (100%), Alcohol %: 0.19% (100%), Caffeine: 21.69mg (7.23%), Protein: 7.32g (14.64%), Manganese: 0.61mg (30.26%), Calcium: 242.06mg (24.21%), Phosphorus: 240.37mg (24.04%), Magnesium: 66.06mg (16.51%), Copper: 0.32mg (16.15%), Vitamin B12: 0.96µg (16.05%), Vitamin B2: 0.26mg (15.27%), Vitamin D: 1.97µg (13.1%), Potassium: 409.68mg (11.71%), Fiber: 2.81g (11.26%), Iron: 1.73mg (9.6%), Zinc: 1.4mg (9.35%), Vitamin A: 399.04IU (7.98%), Selenium: 5.58µg (7.97%), Vitamin B5: 0.73mg (7.26%), Vitamin B1: 0.1mg (6.93%), Vitamin B6: 0.12mg (5.81%), Vitamin K: 3.03µg (2.88%), Vitamin E: 0.34mg (2.24%), Vitamin B3: 0.42mg (2.08%)