



Rich 'n' Thick Hot Chocolate

 Vegetarian  Gluten Free

READY IN



18 min.

SERVINGS



8

CALORIES



268 kcal

BEVERAGE

DRINK

Ingredients

- 2 teaspoons cornstarch
- 7 oz chocolate bar dark 70% chopped (at least cacao)
- 0.3 cup honey
- 4 cups milk divided
- 1 pinch salt
- 1 teaspoon vanilla extract

Equipment

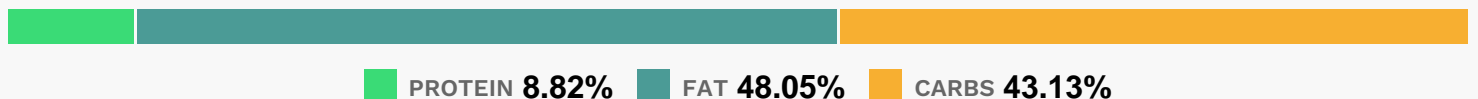
- sauce pan

whisk

Directions

- Whisk together cornstarch and 1/2 cup milk until smooth.
- Cook remaining 3 1/2 cups milk in a large, nonaluminum saucepan over medium heat until bubbles appear around edge of saucepan (about 4 minutes; do not boil).
- Whisk in chocolate, honey, vanilla extract, and salt until blended and smooth.
- Whisk in cornstarch mixture.
- Bring milk mixture to a light boil, whisking frequently (about 4 minutes).
- Remove from heat.
- Let cool slightly. (
- Mixture will thicken as it cools.)
- Serve immediately with Marshmallow Whipped Cream, if desired.
- Note: For testing purposes only, we used Ghirardelli Intense Dark Twilight Delight 72% Cacao dark chocolate bar.
- Mexican Rich 'n' Thick Hot Chocolate: Prepare recipe as directed through Step 2, whisking in 1 1/4 tsp. ground cinnamon and 1 tsp. ancho chili powder with chocolate. Proceed with recipe as directed.
- Orange-Almond Rich 'n' Thick Hot Chocolate: Prepare recipe as directed through Step 2, whisking in 3 Tbsp. orange juice and 2 Tbsp. almond liqueur with chocolate. Proceed with recipe as directed.
- Note: For testing purposes only, we used Amaretto for almond liqueur.
- Grown-up Rich 'n' Thick Hot Chocolate: Prepare recipe as directed through Step 2, whisking in 1/2 cup Southern Comfort with chocolate. Proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:14.16, Glycemic Load:10.23, Inflammation Score:-4, Nutrition Score:9.2491304890617%

Nutrients (% of daily need)

Calories: 267.82kcal (13.39%), Fat: 14.48g (22.28%), Saturated Fat: 8.34g (52.15%), Carbohydrates: 29.24g (9.75%), Net Carbohydrates: 26.51g (9.64%), Sugar: 23.48g (26.09%), Cholesterol: 15.38mg (5.13%), Sodium: 56.82mg (2.47%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Caffeine: 19.84mg (6.61%), Protein: 5.98g (11.96%), Manganese: 0.5mg (25.04%), Copper: 0.44mg (22.25%), Phosphorus: 200.28mg (20.03%), Magnesium: 71.55mg (17.89%), Calcium: 169.08mg (16.91%), Iron: 3.01mg (16.75%), Vitamin B12: 0.73µg (12.14%), Vitamin B2: 0.19mg (11.39%), Fiber: 2.74g (10.95%), Potassium: 368.46mg (10.53%), Zinc: 1.35mg (9.02%), Vitamin D: 1.34µg (8.95%), Selenium: 4.13µg (5.9%), Vitamin B5: 0.57mg (5.69%), Vitamin B1: 0.08mg (5.12%), Vitamin B6: 0.09mg (4.37%), Vitamin A: 207.31IU (4.15%), Vitamin K: 2.18µg (2.07%), Vitamin B3: 0.41mg (2.04%), Vitamin E: 0.21mg (1.38%)