



Skinny Decadent Hot Chocolate

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



161 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup skim milk fat-free
- 2.5 cups skim milk fat-free (skim)
- 1.5 oz semi chocolate chips
- 2 tablespoons sugar
- 2 tablespoons cocoa powder unsweetened
- 0.5 teaspoon vanilla

Equipment

- sauce pan

whisk

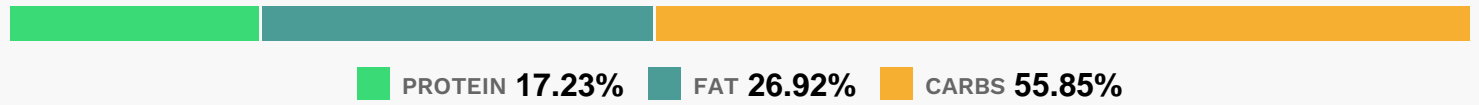
Directions

In 2-quart saucepan, mix sugar and cocoa. Stir in milk and half-and-half until blended. Cook and stir over medium heat until thoroughly heated (do not boil).

Remove from heat.

Add chocolate chips; stir constantly with wire whisk until chips are melted and mixture is smooth. Stir in vanilla. To serve, pour hot chocolate into 4 cups.

Nutrition Facts



Properties

Glycemic Index:25.84, Glycemic Load:6.68, Inflammation Score:-4, Nutrition Score:8.9252174548481%

Flavonoids

Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 161.26kcal (8.06%), Fat: 4.97g (7.65%), Saturated Fat: 2.87g (17.92%), Carbohydrates: 23.2g (7.73%), Net Carbohydrates: 21.43g (7.79%), Sugar: 19.21g (21.34%), Cholesterol: 6.71mg (2.24%), Sodium: 93.97mg (4.09%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Caffeine: 14.89mg (4.96%), Protein: 7.16g (14.32%), Phosphorus: 254.41mg (25.44%), Calcium: 240.35mg (24.04%), Vitamin B12: 1.06µg (17.68%), Vitamin B2: 0.28mg (16.67%), Magnesium: 54.34mg (13.59%), Manganese: 0.24mg (12.17%), Potassium: 415.63mg (11.88%), Copper: 0.24mg (11.8%), Vitamin D: 1.68µg (11.23%), Zinc: 1.38mg (9.21%), Selenium: 5.2µg (7.44%), Vitamin B5: 0.72mg (7.2%), Vitamin B1: 0.11mg (7.18%), Fiber: 1.78g (7.1%), Vitamin A: 330.38IU (6.61%), Vitamin B6: 0.11mg (5.69%), Iron: 1.02mg (5.68%), Vitamin B3: 0.36mg (1.81%), Folate: 5.04µg (1.26%)