



Spiced Hot Chocolate

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



4

CALORIES



211 kcal

BEVERAGE

DRINK

Ingredients

- 1 teaspoon curry powder store-bought
- 2 cardamom pods green crushed
- 0.5 cup honey
- 6 cups milk unsweetened (use whatever you like, I use almond milk!)
- 0.3 teaspoon salt
- 0.5 cup cocoa powder unsweetened

Equipment

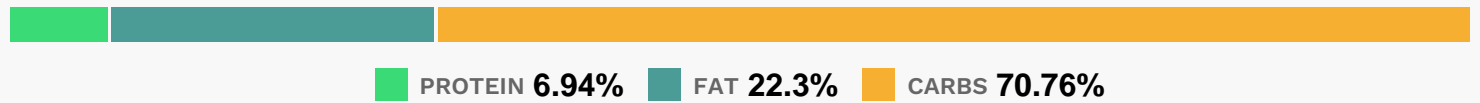
- sauce pan

- whisk
- sieve
- measuring cup

Directions

- In a medium heavy-bottomed saucepan, warm the milk, curry powder, and cardamom pods over medium heat, stirring every now and then so it doesn't burn.
- Meanwhile, spoon the cocoa powder into a measuring cup. Once you see little bubbles forming around the perimeter of the saucepan, the milk is hot; turn off the heat.
- Pour a little milk, about 1 cup, into the cocoa powder, and whisk until smooth.
- Add back to the saucepan, and whisk in the honey and salt. Stir until well combined.
- Pour the hot chocolate through a strainer into 4 individual mugs and top with marshmallows, if you like.

Nutrition Facts



Properties

Glycemic Index:15.57, Glycemic Load:18.23, Inflammation Score:-3, Nutrition Score:8.1704347512644%

Flavonoids

Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 210.57kcal (10.53%), Fat: 6.11g (9.4%), Saturated Fat: 0.89g (5.53%), Carbohydrates: 43.62g (14.54%), Net Carbohydrates: 37.98g (13.81%), Sugar: 35.37g (39.3%), Cholesterol: 0mg (0%), Sodium: 637.23mg (27.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 24.73mg (8.24%), Protein: 4.28g (8.56%), Calcium: 472.61mg (47.26%), Manganese: 0.75mg (37.41%), Fiber: 5.63g (22.53%), Copper: 0.43mg (21.53%), Magnesium: 58.05mg (14.51%), Iron: 1.96mg (10.9%), Phosphorus: 84.13mg (8.41%), Zinc: 0.92mg (6.14%), Potassium: 204.37mg (5.84%), Selenium: 1.96µg (2.8%), Vitamin B2: 0.05mg (2.66%), Vitamin B3: 0.31mg (1.57%), Vitamin B6: 0.03mg (1.55%), Folate: 5.06µg (1.26%)