



Spiced Hot Chocolate

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



309 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 4 oz bittersweet chocolate chopped
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 6 servings cinnamon sticks
- ☐ 0.5 cup whipping cream
- ☐ 2 cups milk whole

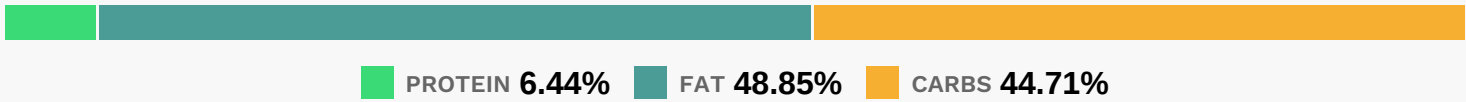
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Whisk milk, brown sugar, and whipping cream in heavy large saucepan over medium heat until mixture begins to simmer. Reduce heat to medium-low; add cocoa powder, chocolate, and cinnamon; whisk until chocolate is melted and smooth.
- ☐ Pour hot chocolate into 6 demitasse cups.
- ☐ Garnish each with whipped cream and a cinnamon stick.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:1.47, Inflammation Score:-5, Nutrition Score:9.3678261061078%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 308.85kcal (15.44%), Fat: 17.52g (26.96%), Saturated Fat: 10.53g (65.84%), Carbohydrates: 36.07g (12.02%), Net Carbohydrates: 32.09g (11.67%), Sugar: 29.32g (32.58%), Cholesterol: 33.31mg (11.1%), Sodium: 44.25mg (1.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 24.5mg (8.17%), Protein: 5.2g (10.4%), Manganese: 0.78mg (39.08%), Copper: 0.39mg (19.53%), Phosphorus: 171.21mg (17.12%), Calcium: 166.36mg (16.64%), Magnesium: 65.24mg (16.31%), Fiber: 3.99g (15.95%), Iron: 2.02mg (11.24%), Vitamin B2: 0.17mg (9.9%), Potassium: 336.19mg (9.61%), Vitamin A: 439.15IU (8.78%), Vitamin B12: 0.5µg (8.42%), Vitamin D: 1.21µg (8.08%), Zinc: 1.17mg (7.81%), Selenium: 4.53µg (6.47%), Vitamin B5: 0.45mg (4.52%), Vitamin B1: 0.06mg (3.92%), Vitamin B6: 0.08mg (3.91%), Vitamin K: 3.01µg (2.86%), Vitamin E: 0.39mg (2.59%), Vitamin B3: 0.38mg (1.92%)