



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

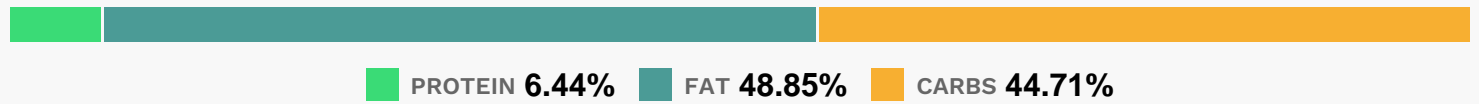
Directions

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%)