



Spiced Hot Chocolate Mug

READY IN



10 min.

SERVINGS



10

CALORIES



42 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 tsp ground cinnamon
- 1 cup milk
- 2 oreo cookies
- 1 oz baker's semi-sweet chocolate finely chopped

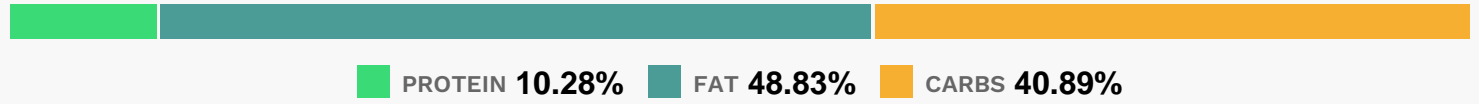
Equipment

- sauce pan
- whisk

Directions

- Bring milk and cinnamon just to boil in saucepan on medium-high heat.
- Add chocolate; beat with whisk until chocolate is melted and milk is slightly frothy.
- Serve hot with the cookies.

Nutrition Facts



Properties

Glycemic Index:4.3, Glycemic Load:0.43, Inflammation Score:-1, Nutrition Score:1.5439130482466%

Nutrients (% of daily need)

Calories: 42.35kcal (2.12%), Fat: 2.33g (3.58%), Saturated Fat: 1.21g (7.59%), Carbohydrates: 4.38g (1.46%), Net Carbohydrates: 4.05g (1.47%), Sugar: 3.19g (3.55%), Cholesterol: 3.1mg (1.03%), Sodium: 18.87mg (0.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.2%), Phosphorus: 34.29mg (3.43%), Manganese: 0.07mg (3.31%), Calcium: 32.92mg (3.29%), Iron: 0.47mg (2.64%), Vitamin B2: 0.04mg (2.4%), Vitamin B12: 0.14µg (2.28%), Magnesium: 9.08mg (2.27%), Copper: 0.04mg (2.19%), Vitamin D: 0.27µg (1.79%), Potassium: 58.57mg (1.67%), Fiber: 0.33g (1.32%), Vitamin B1: 0.02mg (1.29%), Zinc: 0.19mg (1.29%), Selenium: 0.83µg (1.18%), Vitamin B5: 0.11mg (1.07%)