



Spiced Mexican Hot Chocolate

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



318 kcal

BEVERAGE

DRINK

Ingredients

- 4 oz baker's german's chocolate sweet finely chopped
- 0.5 tsp ground cinnamon
- 4 cups milk
- 0.3 cup cool whip whipped topping thawed

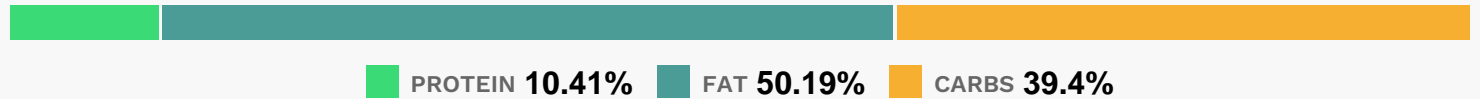
Equipment

- sauce pan

Directions

- Mix milk, chocolate and cinnamon in saucepan; cook on medium heat until chocolate is completely melted and mixture just comes to boil, stirring constantly.
- Pour evenly into 4 mugs or cups.
- Top each with 1 Tbsp. of the whipped topping.
- Serve each with 1 Chocolate-Dipped Cinnamon Stick (see Tip), if desired.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:4.33, Inflammation Score:-3, Nutrition Score:8.7430434642441%

Nutrients (% of daily need)

Calories: 318.44kcal (15.92%), Fat: 17.48g (26.89%), Saturated Fat: 10.1g (63.1%), Carbohydrates: 30.86g (10.29%), Net Carbohydrates: 30.69g (11.16%), Sugar: 26.93g (29.92%), Cholesterol: 29.37mg (9.79%), Sodium: 96.13mg (4.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.16g (16.31%), Calcium: 306.7mg (30.67%), Phosphorus: 250.12mg (25.01%), Vitamin B12: 1.33µg (22.12%), Vitamin B2: 0.34mg (20.06%), Vitamin D: 2.68µg (17.89%), Iron: 2.23mg (12.37%), Potassium: 372.14mg (10.63%), Vitamin B1: 0.14mg (9.18%), Vitamin B5: 0.91mg (9.11%), Vitamin A: 399.71IU (7.99%), Vitamin B6: 0.15mg (7.51%), Magnesium: 29.8mg (7.45%), Selenium: 4.76µg (6.8%), Zinc: 1.01mg (6.74%), Manganese: 0.07mg (3.33%), Vitamin B3: 0.27mg (1.33%), Vitamin E: 0.15mg (1.02%)