



Spicy Spiked Hot Chocolate

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



481 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 ancho chili pepper crushed
- ☐ 3 ounces bittersweet chocolate 70% chopped (at least cacao)
- ☐ 1 cinnamon sticks
- ☐ 1 cup cup heavy whipping cream
- ☐ 0.3 cup sugar
- ☐ 0.5 vanilla pod split
- ☐ 2 cups milk whole
- ☐ 2 ounces frangelico

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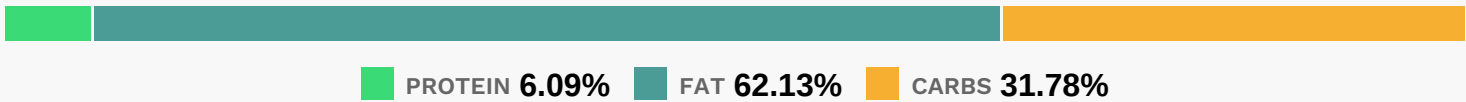
Equipment

☐ sauce pan

Directions

- ☐ Combine milk, cream, sugar, chile, andcinnamon stick in a medium saucepan;scrape in seeds from vanilla bean and addpod. Bring to a simmer; remove from heat,cover, and let steep 15 minutes.
- ☐ Remove chile, cinnamon stick, andvanilla pod; discard.
- ☐ Add chocolate andheat over medium-high heat, whiskingconstantly, until chocolate is melted andmixture is smooth, about 5 minutes.
- ☐ Removehot chocolate from heat and add liqueur.
- ☐ Serve hot.
- ☐ DO AHEAD: Hot chocolate (withoutliqueur) can be made 1 day ahead.
- ☐ Let cool;cover and chill. Reheat and add liqueur justbefore serving.

Nutrition Facts



Properties

Glycemic Index:28.27, Glycemic Load:13.81, Inflammation Score:-8, Nutrition Score:12.408695588941%

Nutrients (% of daily need)

Calories: 480.58kcal (24.03%), Fat: 33.94g (52.22%), Saturated Fat: 20.68g (129.23%), Carbohydrates: 39.05g (13.02%), Net Carbohydrates: 35.63g (12.96%), Sugar: 33.86g (37.62%), Cholesterol: 83.15mg (27.72%), Sodium: 68.79mg (2.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 18.29mg (6.1%), Protein: 7.49g (14.98%), Vitamin A: 2244.35IU (44.89%), Manganese: 0.48mg (23.83%), Phosphorus: 220.53mg (22.05%), Calcium: 213.42mg (21.34%), Vitamin B2: 0.35mg (20.4%), Vitamin D: 2.29µg (15.29%), Magnesium: 60.6mg (15.15%), Copper: 0.29mg (14.36%), Fiber: 3.42g (13.68%), Vitamin B12: 0.79µg (13.2%), Potassium: 446mg (12.74%), Iron: 1.75mg (9.71%), Selenium: 6.17µg (8.81%), Zinc: 1.27mg (8.46%), Vitamin K: 8.81µg (8.39%), Vitamin B5: 0.72mg (7.16%), Vitamin B6: 0.14mg (6.96%), Vitamin B1: 0.09mg (6.05%), Vitamin E: 0.89mg (5.94%), Vitamin B3: 0.74mg (3.68%), Vitamin C: 1.76mg (2.14%), Folate: 4.66µg (1.17%)