



Spiked Irish Cream Hot Cocoa

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



402 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 8 cups milk
- ☐ 1 cup cocoa powder unsweetened
- ☐ 1 cup sugar
- ☐ 1 teaspoon salt
- ☐ 2 teaspoons vanilla
- ☐ 1 cup baileys irish cream
- ☐ 0.5 cup vodka
- ☐ 1 serving chocolate chips for serving, if desired

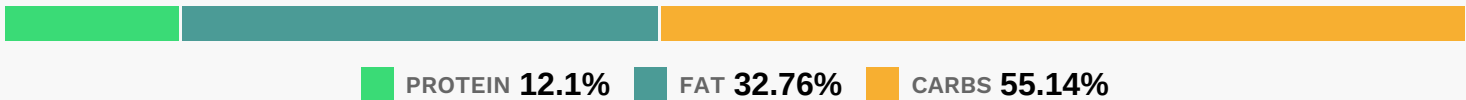
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In 3-quart saucepan, heat milk, cocoa, sugar and salt over medium heat, beating with whisk often until cocoa is fully incorporated and mixture is warm and smooth.
- ☐ Remove from heat; stir in vanilla, liqueur and vodka.
- ☐ Carefully pour mixture into heatproof punch bowl.
- ☐ Serve immediately with whipped cream, chocolate chips and chocolate cookie straws.

Nutrition Facts



Properties

Glycemic Index:15.39, Glycemic Load:21.78, Inflammation Score:-6, Nutrition Score:12.557391164096%

Flavonoids

Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 401.78kcal (20.09%), Fat: 13.23g (20.36%), Saturated Fat: 7.79g (48.68%), Carbohydrates: 50.1g (16.7%), Net Carbohydrates: 46.12g (16.77%), Sugar: 42.97g (47.75%), Cholesterol: 29.29mg (9.76%), Sodium: 386.18mg (16.79%), Alcohol: 9.34g (100%), Alcohol %: 3.63% (100%), Caffeine: 24.73mg (8.24%), Protein: 11g (21.99%), Phosphorus: 326.15mg (32.62%), Calcium: 314.51mg (31.45%), Vitamin B12: 1.32µg (21.96%), Vitamin B2: 0.37mg (21.73%), Manganese: 0.43mg (21.31%), Magnesium: 83.05mg (20.76%), Copper: 0.41mg (20.7%), Vitamin D: 2.68µg (17.89%), Fiber: 3.98g (15.91%), Potassium: 531.95mg (15.2%), Zinc: 1.74mg (11.58%), Vitamin B1: 0.15mg (9.73%), Vitamin B5: 0.94mg (9.38%), Selenium: 6.32µg (9.03%), Iron: 1.51mg (8.4%), Vitamin B6: 0.16mg (8.09%), Vitamin A: 395.28IU (7.91%), Vitamin B3: 0.49mg (2.47%)