



## Steaming Hot Mocha

 Vegetarian  Gluten Free

READY IN



24 min.

SERVINGS



4

CALORIES



728 kcal

BEVERAGE

DRINK

### Ingredients

- 7 cups milk
- 0.3 teaspoon salt
- 7 cups strong coffee decoction brewed
- 2 cups sugar
- 1.5 cups cocoa powder unsweetened
- 1 tablespoon vanilla extract

### Equipment

- whisk

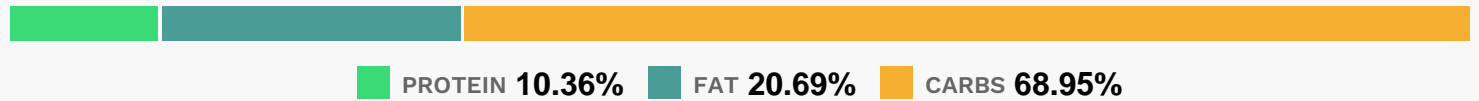
dutch oven

## Directions

Combine first 3 ingredients in a Dutch oven.

Whisk in milk and coffee until smooth. Cook mixture over medium heat, stirring often, 20 minutes or just until bubbles appear (do not boil); remove from heat. Stir in vanilla. Top each serving with marshmallow crme, if desired.

## Nutrition Facts



## Properties

Glycemic Index:27.02, Glycemic Load:77.39, Inflammation Score:-8, Nutrition Score:30.220434629399%

## Flavonoids

Catechin: 20.9mg, Catechin: 20.9mg, Catechin: 20.9mg, Catechin: 20.9mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 63.51mg, Epicatechin: 63.51mg, Epicatechin: 63.51mg, Epicatechin: 63.51mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg

## Nutrients (% of daily need)

Calories: 728.24kcal (36.41%), Fat: 18.49g (28.44%), Saturated Fat: 10.55g (65.96%), Carbohydrates: 138.62g (46.21%), Net Carbohydrates: 126.69g (46.07%), Sugar: 121.31g (134.79%), Cholesterol: 51.24mg (17.08%), Sodium: 323.96mg (14.09%), Alcohol: 1.12g (100%), Alcohol %: 0.14% (100%), Caffeine: 240.07mg (80.03%), Protein: 20.83g (41.65%), Manganese: 1.36mg (68.09%), Phosphorus: 680.62mg (68.06%), Copper: 1.24mg (62.21%), Vitamin B2: 1mg (59.08%), Calcium: 576.23mg (57.62%), Magnesium: 225mg (56.25%), Fiber: 11.93g (47.73%), Vitamin B12: 2.31µg (38.43%), Potassium: 1340.77mg (38.31%), Vitamin D: 4.7µg (31.31%), Vitamin B5: 2.73mg (27.29%), Zinc: 4.04mg (26.96%), Iron: 4.58mg (25.44%), Vitamin B1: 0.32mg (21.51%), Selenium: 13.33µg (19.04%), Vitamin B6: 0.3mg (15.18%), Vitamin A: 691.74IU (13.83%), Vitamin B3: 1.96mg (9.79%), Folate: 18.61µg (4.65%), Vitamin K: 2.5µg (2.38%), Vitamin E: 0.29mg (1.91%)