



Strawberry Hot Cocoa-on-a-Stick

READY IN



120 min.

SERVINGS



10

CALORIES



344 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 12 oz chocolate chips white
- ☐ 0.7 cup betty delights super strawberry cake mix 25% instant
- ☐ 6 oz chocolate white
- ☐ 1 serving pink lady apples red

Equipment

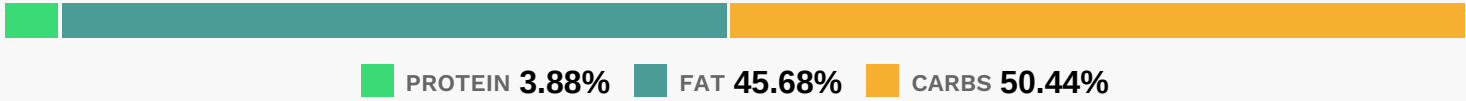
- ☐ bowl
- ☐ baking paper
- ☐ hand mixer

☐ microwave

Directions

- ☐ In small microwavable bowl, place white chocolate chips. Microwave chips uncovered on High in 30-second increments, stirring well between each, until chips can be stirred smooth.
- ☐ Add strawberry milk mix; beat with hand mixer on low speed just until incorporated.
- ☐ Mixture will be thick and grainy.
- ☐ Spoon mixture, about 2 1/2 tablespoons each, into cavities of silicone mold or disposable small paper cups. Press mixture down into cavities or cups with back of spoon.
- ☐ Place disposable spoons upright in mixture. Refrigerate until set, about 1 hour 30 minutes.
- ☐ In another small microwavable bowl, microwave white chocolate melting wafers on High in 30- second increments, stirring well between each, until wafers are melted and can be stirred smooth. Dip set strawberry cocoa into melted candy, then into sprinkles.
- ☐ Place on cooking parchment paper to dry, about 15 minutes.
- ☐ To enjoy, dissolve 1 strawberry hot cocoa on a stick in 8 oz hot milk.

Nutrition Facts



Properties

Glycemic Index:17.2, Glycemic Load:21.3, Inflammation Score:1, Nutrition Score:3.3721739468367%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 344.32kcal (17.22%), Fat: 17.67g (27.19%), Saturated Fat: 10.45g (65.31%), Carbohydrates: 43.91g (14.64%), Net Carbohydrates: 43.66g (15.88%), Sugar: 38.46g (42.73%), Cholesterol: 10.72mg (3.57%), Sodium: 152.36mg

(6.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.76%), Calcium: 131.26mg (13.13%), Vitamin B2: 0.17mg (10.04%), Phosphorus: 90.5mg (9.05%), Vitamin B1: 0.08mg (5.16%), Vitamin B12: 0.29µg (4.76%), Vitamin K: 4.78µg (4.55%), Potassium: 152.63mg (4.36%), Vitamin B3: 0.68mg (3.4%), Vitamin E: 0.5mg (3.34%), Selenium: 2.3µg (3.28%), Vitamin B5: 0.31mg (3.14%), Zinc: 0.38mg (2.53%), Iron: 0.39mg (2.19%), Copper: 0.03mg (1.62%), Magnesium: 6.44mg (1.61%), Vitamin B6: 0.03mg (1.56%), Folate: 5.96µg (1.49%), Fiber: 0.25g (1.01%)