



Sugar Free Hot Cocoa



Gluten Free



Low Fod Map

READY IN



4 min.

SERVINGS



1

CALORIES



114 kcal

BEVERAGE

DRINK

Ingredients

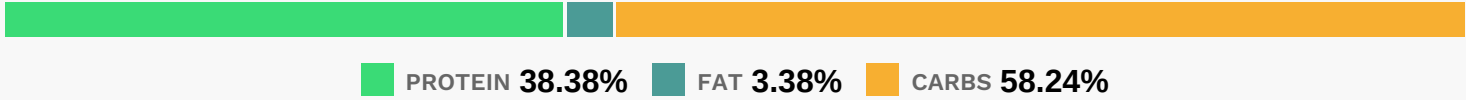
- ☐ 0.3 cup skim milk powder dry
- ☐ 1 teaspoon splenda sugar substitute
- ☐ 1.5 teaspoons cocoa unsweetened
- ☐ 1 cup water boiling

Equipment

Directions

- ☐
- Stir together dry milk powder, cocoa, and Splenda in a mug.
- ☐
- Pour in the boiling water and stir until dissolved.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:0.23, Inflammation Score:-6, Nutrition Score:10.626086916855%

Flavonoids

Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg Epicatechin: 2.95mg, Epicatechin: 2.95mg, Epicatechin: 2.95mg, Epicatechin: 2.95mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 113.7kcal (5.68%), Fat: 0.44g (0.67%), Saturated Fat: 0.27g (1.69%), Carbohydrates: 16.92g (5.64%), Net Carbohydrates: 16.37g (5.95%), Sugar: 16.03g (17.81%), Cholesterol: 6mg (2%), Sodium: 172.64mg (7.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.45mg (1.15%), Protein: 11.15g (22.31%), Calcium: 387.02mg (38.7%), Phosphorus: 301.41mg (30.14%), Vitamin B2: 0.47mg (27.57%), Vitamin D: 3.3µg (22%), Vitamin B12: 1.21µg (20.15%), Potassium: 559.82mg (15.99%), Vitamin A: 653.7IU (13.07%), Selenium: 8.4µg (12.01%), Vitamin B5: 1.07mg (10.74%), Magnesium: 42.85mg (10.71%), Zinc: 1.35mg (9%), Vitamin B1: 0.13mg (8.38%), Vitamin B6: 0.11mg (5.5%), Copper: 0.11mg (5.35%), Folate: 15.48µg (3.87%), Manganese: 0.06mg (3.18%), Vitamin C: 2.04mg (2.47%), Fiber: 0.56g (2.22%), Iron: 0.3mg (1.69%), Vitamin B3: 0.32mg (1.59%)