



Super Spicy Chocolate Milk

 Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



253 kcal

BEVERAGE

DRINK

Ingredients

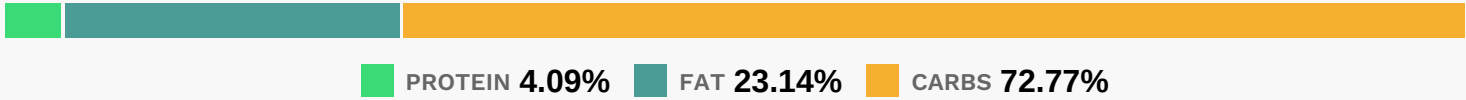
- ☐ 1 tablespoon brown sugar
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 1 teaspoon ground nutmeg
- ☐ 1 ounce chocolate mix hot instant
- ☐ 1 tablespoon condensed milk sweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup water boiling

Equipment

Directions

In a coffee mug, combine hot chocolate mix, vanilla, nutmeg, cinnamon, brown sugar and sweetened condensed milk. Stir in boiling water.

Nutrition Facts



Properties

Glycemic Index:136, Glycemic Load:7.08, Inflammation Score:-1, Nutrition Score:4.4439130593901%

Nutrients (% of daily need)

Calories: 252.63kcal (12.63%), Fat: 6.76g (10.4%), Saturated Fat: 4.46g (27.89%), Carbohydrates: 47.82g (15.94%), Net Carbohydrates: 44.68g (16.25%), Sugar: 40.67g (45.19%), Cholesterol: 6.8mg (2.27%), Sodium: 282.54mg (12.28%), Alcohol: 1.38g (100%), Alcohol %: 0.57% (100%), Protein: 2.69g (5.37%), Manganese: 0.6mg (30%), Calcium: 136.39mg (13.64%), Fiber: 3.14g (12.57%), Phosphorus: 57.5mg (5.75%), Iron: 0.95mg (5.27%), Vitamin B2: 0.09mg (5.26%), Selenium: 3.23µg (4.61%), Copper: 0.08mg (4%), Magnesium: 14.59mg (3.65%), Potassium: 116.01mg (3.31%), Zinc: 0.32mg (2.12%), Vitamin B5: 0.18mg (1.78%), Vitamin B1: 0.03mg (1.73%), Vitamin B12: 0.09µg (1.47%), Vitamin A: 67.41IU (1.35%), Vitamin B6: 0.02mg (1.21%), Vitamin K: 1.06µg (1.01%)