

Super Thick Hot Chocolate



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



272 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup cocoa powder
- ☐ 2 tablespoons cornstarch
- ☐ 1 cup evaporated milk
- ☐ 1 pinch ground cinnamon
- ☐ 3 cups milk
- ☐ 0.3 cup sugar
- ☐ 0.5 teaspoon vanilla extract

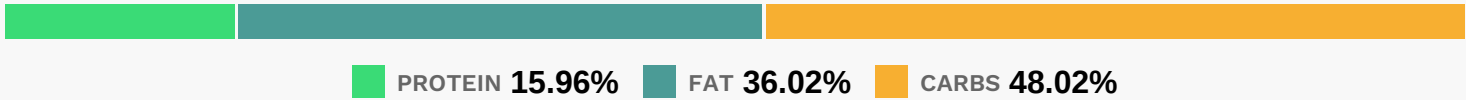
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a saucepan, combine the milk, evaporated milk, and vanilla and warm up over a low heat.
- ☐ Combine the cocoa powder, sugar, cornstarch and cinnamon in another bowl.
- ☐ Whisk the cocoa mixture into the warm milk mixture.
- ☐ Whisk the mixture frequently to prevent it from scorching.
- ☐ Remove the mixture from the heat just after it has come to a boil. The mixture should be suuuuper rich and thick!
- ☐ Cook's Note: For grown-up kids: A shot of brandy, kahlua, or peppermint schnapps is really yummy!

Nutrition Facts



Properties

Glycemic Index:28.27, Glycemic Load:11.97, Inflammation Score:-5, Nutrition Score:11.526086936826%

Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 272.03kcal (13.6%), Fat: 11.4g (17.54%), Saturated Fat: 6.73g (42.07%), Carbohydrates: 34.19g (11.4%), Net Carbohydrates: 32.14g (11.69%), Sugar: 27.76g (30.85%), Cholesterol: 40.23mg (13.41%), Sodium: 137.98mg (6%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Caffeine: 12.36mg (4.12%), Protein: 11.36g (22.72%), Calcium: 397.16mg (39.72%), Phosphorus: 352.75mg (35.28%), Vitamin B2: 0.47mg (27.5%), Vitamin B12: 1.09µg (18.15%), Magnesium: 64.11mg (16.03%), Potassium: 548.42mg (15.67%), Vitamin D: 2.08µg (13.84%), Manganese: 0.23mg (11.49%), Vitamin B5: 1.1mg (10.99%), Copper: 0.22mg (10.95%), Zinc: 1.61mg (10.71%), Vitamin B1: 0.14mg (9.09%), Vitamin A: 447.18IU (8.94%), Selenium: 5.88µg (8.4%), Fiber: 2.05g (8.21%), Vitamin B6: 0.15mg (7.48%), Iron: 0.9mg (4.98%), Vitamin B3: 0.43mg (2.17%), Folate: 6.76µg (1.69%), Vitamin C: 1.2mg (1.45%), Vitamin E: 0.2mg (1.33%), Vitamin K: 1.08µg (1.03%)