



Thick and Velvety Hot Chocolate

 Gluten Free

READY IN



7 min.

SERVINGS



2

CALORIES



334 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 100 g the best chocolate you can get upwards 55% 70% canned (I've used callebaut and 50 something Valrhona)
- ☐ 200 ml cup milk
- ☐ 1 inch vanilla split
- ☐ 2 servings whipped cream to serve

Equipment

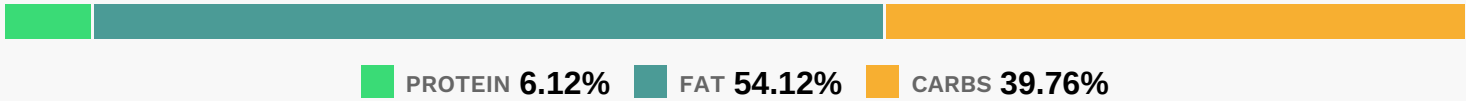
- ☐ frying pan
- ☐ whisk

☐ pot

Directions

- ☐ Heat the milk and cream together in a pan with the vanilla. Once it comes to a simmer, turn off the heat and cover the pot for the vanilla to infuse into the milk.
- ☐ Let it sit for 20 minutes or so.Reheat the milk to bring it back to a simmer. Take it off the heat and whisk in the chocolate and stir until the chocolate has completely melted.
- ☐ Pour into cups and serve with whipped cream.

Nutrition Facts



Properties

Glycemic Index:67.8, Glycemic Load:13.94, Inflammation Score:-4, Nutrition Score:7.6539129757363%

Nutrients (% of daily need)

Calories: 334.46kcal (16.72%), Fat: 21.73g (33.44%), Saturated Fat: 12.79g (79.93%), Carbohydrates: 35.93g (11.98%), Net Carbohydrates: 33.18g (12.06%), Sugar: 31.34g (34.82%), Cholesterol: 16.94mg (5.65%), Sodium: 47.78mg (2.08%), Alcohol: 0.44g (100%), Alcohol %: 0.35% (100%), Caffeine: 33mg (11%), Protein: 5.53g (11.05%), Phosphorus: 183.08mg (18.31%), Magnesium: 69.69mg (17.42%), Vitamin B2: 0.27mg (15.73%), Calcium: 145.05mg (14.51%), Copper: 0.29mg (14.48%), Manganese: 0.25mg (12.71%), Fiber: 2.75g (11%), Vitamin B12: 0.57µg (9.57%), Potassium: 310.4mg (8.87%), Zinc: 1.2mg (7.98%), Vitamin D: 1.16µg (7.72%), Iron: 1.38mg (7.69%), Selenium: 3.44µg (4.92%), Vitamin B1: 0.07mg (4.67%), Vitamin B5: 0.44mg (4.39%), Vitamin B6: 0.09mg (4.36%), Vitamin A: 208.18IU (4.16%), Vitamin K: 3.57µg (3.4%), Vitamin B3: 0.45mg (2.26%), Vitamin E: 0.22mg (1.47%)