

Thin Mint Cocoa

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



278 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup cocoa mix hot
- ☐ 1 teaspoon peppermint extract
- ☐ 1 dash salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup water hot
- ☐ 0.5 cup sugar white
- ☐ 4 cups milk whole

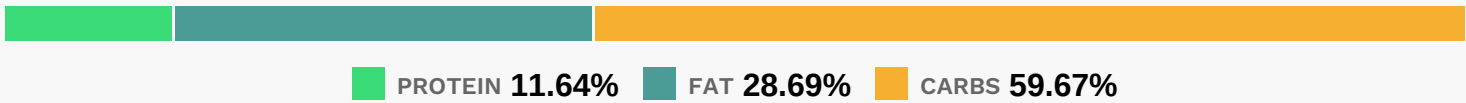
Equipment

☐ sauce pan

Directions

- ☐ Mix the sugar, cocoa mix, and salt into the water in a saucepan until completely dissolved. Bring the mixture to a boil; cook and stir at a boil for 2 minutes. Stir the milk, vanilla extract, and peppermint extract through the mixture. Continue cooking until hot, but do not bring to a boil.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:27.02, Glycemic Load:21.78, Inflammation Score:-3, Nutrition Score:8.1221739053726%

Nutrients (% of daily need)

Calories: 278.41kcal (13.92%), Fat: 9.01g (13.87%), Saturated Fat: 5.29g (33.05%), Carbohydrates: 42.17g (14.06%), Net Carbohydrates: 41.87g (15.23%), Sugar: 41.44g (46.04%), Cholesterol: 29.28mg (9.76%), Sodium: 167.58mg (7.29%), Alcohol: 0.69g (100%), Alcohol %: 0.29% (100%), Protein: 8.23g (16.46%), Calcium: 308.69mg (30.87%), Phosphorus: 246.56mg (24.66%), Vitamin B12: 1.32µg (21.96%), Vitamin B2: 0.34mg (20.2%), Vitamin D: 2.68µg (17.89%), Potassium: 369.46mg (10.56%), Vitamin B1: 0.14mg (9.12%), Vitamin B5: 0.91mg (9.11%), Vitamin A: 396.11IU (7.92%), Vitamin B6: 0.15mg (7.47%), Magnesium: 29.72mg (7.43%), Selenium: 4.79µg (6.84%), Zinc: 1.01mg (6.71%), Vitamin B3: 0.26mg (1.32%), Fiber: 0.3g (1.2%)