



Truffle Hot Chocolate

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



578 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 ounces baker's chocolate dark 70% chopped
- ☐ 3 tablespoons brown sugar
- ☐ 6 servings general foods international suisse mocha cafe
- ☐ 2 tablespoons chocolate syrup
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 1 teaspoon espresso powder instant
- ☐ 1 tablespoon baileys irish cream
- ☐ 4 cups milk 2%

- ☐ 1 tablespoon peppermint candies crushed
- ☐ 0.1 teaspoon peppermint extract
- ☐ 1 tablespoon sugar
- ☐ 1 teaspoon vanilla extract

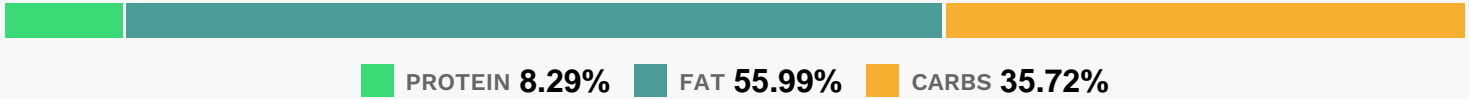
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a large saucepan, heat milk over medium heat until bubbles form around sides of pan (do not boil).
- ☐ Remove from the heat; whisk in the chocolate, brown sugar, espresso powder, vanilla and salt until smooth. Return to the heat; cook and stir until heated through.
- ☐ Pour into mugs; top with desired flavor of whipped cream.
- ☐ To prepare dulce de leche whipped cream: In a heavy skillet, melt sugar until golden. Gradually stir in cream; cook and stir until sugar is dissolved.
- ☐ Transfer to a small bowl; cover and refrigerate for 4 hours. Beat until stiff peaks form.
- ☐ Chocolate whipped cream: In a small bowl, beat cream until it begins to thicken.
- ☐ Add chocolate syrup; beat until stiff peaks form.
- ☐ Peppermint whipped cream: In a small bowl, beat cream until it begins to thicken.
- ☐ Add sugar and extract; beat until stiff peaks form.
- ☐ Garnish with candies.
- ☐ Coffee whipped cream: In a small bowl, beat cream and espresso powder until it begins to thicken.
- ☐ Add sugar; beat until stiff peaks form.
- ☐ Garnish with coffee beans if desired.
- ☐ Irish whipped cream: In a small bowl, beat cream and liqueur until stiff peaks form.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:1.4, Inflammation Score:-7, Nutrition Score:19.480434803859%

Flavonoids

Catechin: 18.24mg, Catechin: 18.24mg, Catechin: 18.24mg, Catechin: 18.24mg Epicatechin: 40.21mg, Epicatechin: 40.21mg, Epicatechin: 40.21mg, Epicatechin: 40.21mg

Nutrients (% of daily need)

Calories: 577.54kcal (28.88%), Fat: 38.36g (59.02%), Saturated Fat: 22.68g (141.72%), Carbohydrates: 55.08g (18.36%), Net Carbohydrates: 47.2g (17.16%), Sugar: 38.92g (43.24%), Cholesterol: 40.2mg (13.4%), Sodium: 104.26mg (4.53%), Alcohol: 0.6g (100%), Alcohol %: 0.28% (100%), Caffeine: 363.91mg (121.3%), Protein: 12.78g (25.55%), Manganese: 1.46mg (73.04%), Copper: 1.19mg (59.56%), Magnesium: 159.71mg (39.93%), Iron: 6.26mg (34.76%), Phosphorus: 333.04mg (33.3%), Fiber: 7.88g (31.52%), Calcium: 280.47mg (28.05%), Vitamin B2: 0.47mg (27.51%), Zinc: 4.11mg (27.42%), Potassium: 641.17mg (18.32%), Vitamin B12: 0.87µg (14.43%), Selenium: 8.14µg (11.63%), Vitamin A: 452.03IU (9.04%), Vitamin B1: 0.11mg (7.66%), Vitamin B5: 0.71mg (7.11%), Vitamin K: 6.1µg (5.81%), Vitamin B6: 0.09mg (4.63%), Folate: 17.99µg (4.5%), Vitamin B3: 0.85mg (4.26%), Vitamin E: 0.44mg (2.91%), Vitamin D: 0.32µg (2.12%)