



Vandaag's Dutch East Cocoa

 Gluten Free

READY IN



15 min.

SERVINGS



1

CALORIES



3718 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 25 grams brown sugar well
- ☐ 1 teaspoon ground pepper
- ☐ 3 teaspoons cinnamon
- ☐ 110 grams dutch-processed cocoa powder
- ☐ 150 grams granulated sugar
- ☐ 2 cups cup heavy whipping cream
- ☐ 1 tablespoon cocoa mix hot
- ☐ 2 kaffir lime leaves

- ☐ 1 cup maple syrup
- ☐ 1 tablespoon ground ginger
- ☐ 30 grams powdered milk
- ☐ 0.3 tablespoon salt
- ☐ 3.5 ounces milk whole

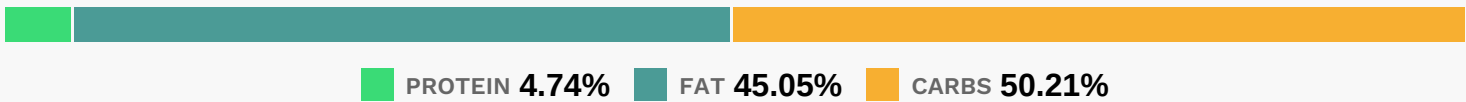
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl
- ☐ hand mixer

Directions

- ☐ If you want to garnish with kaffir-maple whipped cream, put maple syrup in a sealable jar with kaffir lime leaves and infuse for 24 hours. After infusing, remove lime leaves and add maple to heavy cream. Whip with an electric mixer or in an ISI Whip canister. Whipped cream can be stored, refrigerated, overnight.
- ☐ To make spicy hot cocoa mix, add Dutch cocoa, sugar, powdered milk, brown sugar, salt, cayenne, cinnamon, and ginger to a large mixing bowl.
- ☐ Whisk until evenly mixed.
- ☐ To make drink, heat milk and spicy hot cocoa mix in a medium saucepan, whisking constantly until very hot.
- ☐ Remove from heat, add Drambuie and Bols Genever.
- ☐ Serve in a mug with kaffir-maple whipped cream if desired.

Nutrition Facts



Properties

Glycemic Index:226.59, Glycemic Load:191.12, Inflammation Score:-10, Nutrition Score:63.207826116811%

Flavonoids

Catechin: 71.3mg, Catechin: 71.3mg, Catechin: 71.3mg, Catechin: 71.3mg Epicatechin: 216.07mg, Epicatechin: 216.07mg, Epicatechin: 216.07mg, Epicatechin: 216.07mg Quercetin: 11mg, Quercetin: 11mg, Quercetin: 11mg, Quercetin: 11mg

Nutrients (% of daily need)

Calories: 3718.06kcal (185.9%), Fat: 201.46g (309.94%), Saturated Fat: 126.93g (793.3%), Carbohydrates: 505.18g (168.39%), Net Carbohydrates: 459.44g (167.07%), Sugar: 408.52g (453.91%), Cholesterol: 578.89mg (192.96%), Sodium: 2212.26mg (96.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 253mg (84.33%), Protein: 47.66g (95.31%), Manganese: 14.43mg (721.34%), Vitamin B2: 5.8mg (341.42%), Copper: 4.32mg (216.09%), Fiber: 45.74g (182.94%), Magnesium: 706.88mg (176.72%), Vitamin A: 8291.19IU (165.82%), Phosphorus: 1435.6mg (143.56%), Calcium: 1308.69mg (130.87%), Iron: 18.44mg (102.47%), Potassium: 3565.29mg (101.87%), Zinc: 12.66mg (84.43%), Vitamin D: 11.86µg (79.05%), Selenium: 41.14µg (58.77%), Vitamin B12: 2.27µg (37.87%), Vitamin E: 5.45mg (36.32%), Vitamin B1: 0.54mg (36.28%), Vitamin B6: 0.55mg (27.38%), Vitamin B5: 2.62mg (26.23%), Vitamin K: 22.46µg (21.39%), Vitamin B3: 4.02mg (20.12%), Folate: 68.72µg (17.18%), Vitamin C: 7.23mg (8.76%)