



Vanilla Hot Chocolate Mix

 Gluten Free

READY IN



45 min.

SERVINGS



32

CALORIES



268 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 cups granulated sugar
- ☐ 8 ounces chocolate coarsely chopped
- ☐ 1.5 pounds bittersweet chocolate coarsely chopped
- ☐ 2 cups cocoa powder unsweetened (see tips, below)
- ☐ 0.5 vanilla pod split (see tips, below)

Equipment

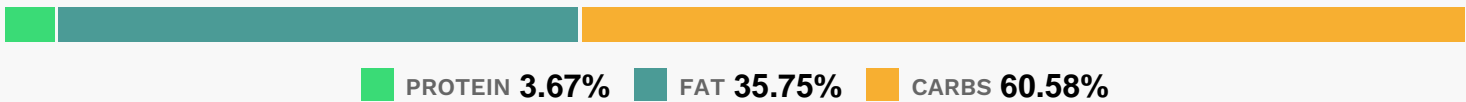
- ☐ food processor
- ☐ bowl

- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Place sugar in large bowl. Split half vanilla bean lengthwise, scrape seeds into sugar, and add pod. Work seeds in with your fingers. Cover snugly with plastic wrap and let stand overnight at room temperature.
- ☐ In food processor fitted with metal blade, process semisweet chocolate and milk chocolate until finely ground, using 4-second pulses. (Process in two batches if necessary.)
- ☐ Remove pod from sugar.
- ☐ Add ground chocolate and cocoa powder to sugar and whisk to blend.
- ☐ Store mix airtight at room temperature for up to six months.
- ☐ For each serving, heat 8 ounces milk in small saucepan over medium heat until scalded (or microwave 2 1/2 minutes at full power).
- ☐ Whisk in 1/4 to 1/3 cup mix.
- ☐ Serve with unsweetened softly whipped cream or marshmallows.
- ☐ •Save the other half of the vanilla bean for another use, such as a second batch of vanilla sugar, which keeps indefinitely and can be used in baking, coffee, or simply to sprinkle on fruit or waffles. •Dutch process cocoa has been treated with an alkaline solution, which gives it a darker color and less bitter flavor and makes it dissolve more easily. Droste is a good brand.

Nutrition Facts



Properties

Glycemic Index:3.52, Glycemic Load:19.11, Inflammation Score:-3, Nutrition Score:6.0982609099668%

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: 267.73kcal (13.39%), Fat: 11.4g (17.53%), Saturated Fat: 6.54g (40.88%), Carbohydrates: 43.46g (14.49%), Net Carbohydrates: 39.38g (14.32%), Sugar: 36.5g (40.55%), Cholesterol: 1.28mg (0.43%), Sodium: 4.64mg (0.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 35.33mg (11.78%), Protein: 2.63g (5.26%), Manganese: 0.52mg (26.2%), Copper: 0.51mg (25.57%), Magnesium: 72.25mg (18.06%), Fiber: 4.08g (16.32%), Iron: 2.3mg (12.77%), Phosphorus: 105.15mg (10.52%), Zinc: 1.04mg (6.92%), Potassium: 223.31mg (6.38%), Selenium: 2.9µg (4.15%), Vitamin B2: 0.05mg (2.65%), Calcium: 22.01mg (2.2%), Vitamin K: 2.11µg (2.01%), Vitamin B3: 0.34mg (1.71%)