

Whipped Hot Chocolate



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



383 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 ounce semisweet baking chocolate
- ☐ 2 tablespoons cocoa powder sweetened
- ☐ 1 cup heavy cream
- ☐ 1 cup milk
- ☐ 1 pinch salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup sugar white

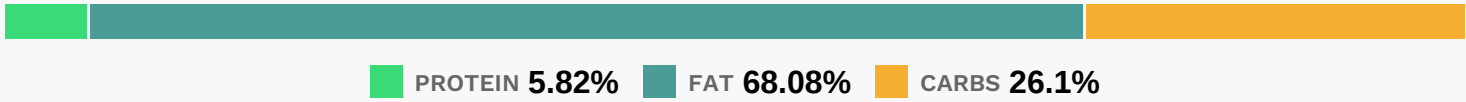
Equipment

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

Directions

- ☐ Heat milk in a small saucepan over low heat until the milk begins to steam.
- ☐ Whisk in the sugar, cocoa powder, vanilla extract, and salt until dissolved. Stir in the chocolate until melted.
- ☐ Remove saucepan from heat, and allow to cool slightly.
- ☐ Beat the heavy cream in large mixing bowl with an electric mixer until stiff peaks form. Gently fold the whipped cream into the hot chocolate.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.02, Glycemic Load:12.72, Inflammation Score:-7, Nutrition Score:10.511739178844%

Flavonoids

Catechin: 10.74mg, Catechin: 10.74mg, Catechin: 10.74mg, Catechin: 10.74mg Epicatechin: 25.01mg, Epicatechin: 25.01mg, Epicatechin: 25.01mg, Epicatechin: 25.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 382.66kcal (19.13%), Fat: 31.24g (48.07%), Saturated Fat: 19.61g (122.54%), Carbohydrates: 26.94g (8.98%), Net Carbohydrates: 23.66g (8.61%), Sugar: 21.6g (24%), Cholesterol: 74.56mg (24.85%), Sodium: 53.12mg (2.31%), Alcohol: 0.34g (100%), Alcohol %: 0.28% (100%), Caffeine: 17.09mg (5.7%), Protein: 6.01g (12.02%), Manganese: 0.69mg (34.63%), Copper: 0.56mg (28.1%), Vitamin A: 973.47IU (19.47%), Magnesium: 70.43mg (17.61%), Phosphorus: 171.23mg (17.12%), Iron: 2.88mg (16.02%), Calcium: 132.1mg (13.21%), Fiber: 3.28g (13.11%), Vitamin B2: 0.22mg (12.96%), Zinc: 1.93mg (12.87%), Vitamin D: 1.62µg (10.82%), Potassium: 305.49mg (8.73%), Vitamin B12: 0.42µg (7.08%), Selenium: 4.55µg (6.5%), Vitamin B1: 0.07mg (4.6%), Vitamin E: 0.64mg (4.25%), Vitamin B5: 0.41mg (4.1%), Vitamin K: 3.52µg (3.36%), Vitamin B6: 0.07mg (3.25%), Folate: 7.15µg (1.79%), Vitamin B3: 0.35mg (1.76%)