



White Hot Chocolate

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



776 kcal

BEVERAGE

DRINK

Ingredients

- 4 cups half-and-half
- 1 cup heavy cream
- 4 servings mint leaf for garnish
- 1 teaspoon vanilla extract
- 4 servings vanilla whipped topping for garnish
- 1 cup chocolate chips white

Equipment

- sauce pan

Directions

- In a medium saucepan over medium heat, combine white chocolate chips and heavy cream. Stir continuously until white chocolate chips have completely melted. Stir in the half-and-half, and vanilla extract. Stir occasionally until heated through.
- Pour into mugs and top with a dollop of vanilla whipped topping and garnish with mint leaf.

Nutrition Facts

PROTEIN 6.13% **FAT 73.52%** **CARBS 20.35%**

Properties

Glycemic Index:17.5, Glycemic Load:18.58, Inflammation Score:-7, Nutrition Score:12.429130494595%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 775.53kcal (38.78%), Fat: 64.35g (99.01%), Saturated Fat: 39.94g (249.62%), Carbohydrates: 40.07g (13.36%), Net Carbohydrates: 39.9g (14.51%), Sugar: 39.47g (43.86%), Cholesterol: 161.48mg (53.82%), Sodium: 207.82mg (9.04%), Alcohol: 0.34g (100%), Alcohol %: 0.12% (100%), Protein: 12.08g (24.16%), Vitamin B2: 0.72mg (42.11%), Calcium: 393.49mg (39.35%), Vitamin A: 1790.64IU (35.81%), Phosphorus: 347.73mg (34.77%), Selenium: 11.66µg (16.66%), Potassium: 516.38mg (14.75%), Vitamin B12: 0.82µg (13.6%), Vitamin B5: 1.13mg (11.28%), Vitamin E: 1.61mg (10.71%), Zinc: 1.44mg (9.58%), Vitamin K: 9.29µg (8.85%), Magnesium: 35mg (8.75%), Vitamin B6: 0.17mg (8.47%), Vitamin B1: 0.11mg (7.65%), Vitamin D: 0.95µg (6.35%), Vitamin C: 3.08mg (3.73%), Folate: 14.06µg (3.52%), Vitamin B3: 0.66mg (3.31%), Copper: 0.06mg (2.99%), Iron: 0.34mg (1.92%), Manganese: 0.02mg (1.03%)