



## White Hot Chocolate

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



551 kcal

BEVERAGE

DRINK

## Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 1 stick cinnamon (3-inch)
- ☐ 3 cups half-and-half divided
- ☐ 0.1 teaspoon nutmeg
- ☐ 1 teaspoon vanilla extract
- ☐ 3 servings garnish: whipped topping
- ☐ 0.7 cup chocolate chips white

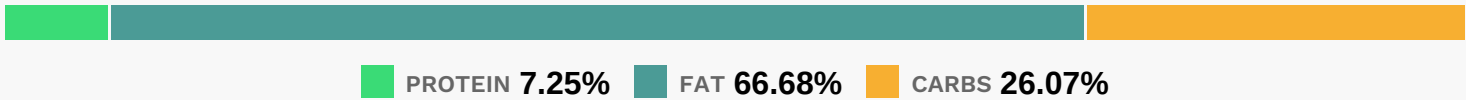
## Equipment

- ☐ sauce pan
- ☐ whisk

## Directions

- ☐ In a saucepan, combine 1/4 cup half-and-half, white chocolate chips, cinnamon stick and nutmeg.
- ☐ Whisk over low heat until chips are melted.
- ☐ Remove cinnamon stick.
- ☐ Add remaining half-and-half.
- ☐ Whisk until heated throughout.
- ☐ Remove from heat and add vanilla and almond extract.
- ☐ Garnish if desired.

## Nutrition Facts



## Properties

Glycemic Index:48.33, Glycemic Load:16.55, Inflammation Score:-5, Nutrition Score:10.26086963778%

## Nutrients (% of daily need)

Calories: 550.82kcal (27.54%), Fat: 41.31g (63.55%), Saturated Fat: 25.31g (158.17%), Carbohydrates: 36.34g (12.11%), Net Carbohydrates: 35.62g (12.95%), Sugar: 34.92g (38.8%), Cholesterol: 93.19mg (31.06%), Sodium: 187.14mg (8.14%), Alcohol: 0.57g (100%), Alcohol %: 0.25% (100%), Protein: 10.11g (20.22%), Calcium: 353.76mg (35.38%), Vitamin B2: 0.59mg (34.61%), Phosphorus: 304.65mg (30.47%), Vitamin A: 875.54IU (17.51%), Selenium: 9.69µg (13.84%), Potassium: 446.17mg (12.75%), Vitamin B12: 0.69µg (11.55%), Manganese: 0.22mg (10.78%), Vitamin B5: 0.95mg (9.47%), Zinc: 1.27mg (8.46%), Magnesium: 30.37mg (7.59%), Vitamin B6: 0.15mg (7.34%), Vitamin K: 7.29µg (6.95%), Vitamin E: 1.04mg (6.92%), Vitamin B1: 0.1mg (6.63%), Vitamin B3: 0.59mg (2.95%), Vitamin C: 2.42mg (2.94%), Fiber: 0.72g (2.87%), Copper: 0.05mg (2.61%), Folate: 10.33µg (2.58%), Iron: 0.32mg (1.8%)