



WHATSheATE

White-Hot Hot Chocolate



Vegetarian



Gluten Free



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



342 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 eggs beaten
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 3.3 cups milk 2%
- ☐ 6 ounces chocolate white chopped

Equipment

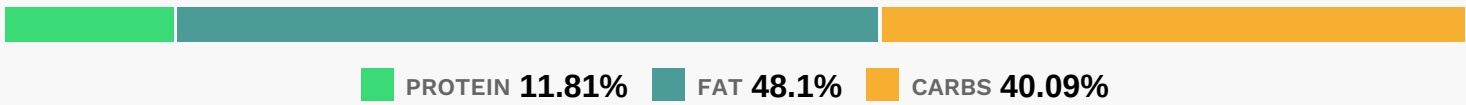
- ☐ bowl
- ☐ frying pan

- ☐ ladle
- ☐ whisk
- ☐ double boiler

Directions

- ☐ Place the white chocolate in a medium metal bowl over a pan of barely simmering water, or in the top half of a double boiler. Allow the chocolate to melt, stirring occasionally until smooth. Stir in cayenne pepper and cinnamon.
- ☐ Whisk in the egg until smooth.
- ☐ Gradually whisk in one cup of the milk until completely incorporated, about 2 minutes. Gradually whisk in remaining milk, and heat until hot, but not simmering. You do not want a skin to form on top of the milk. It will be ready to drink when either the taste of the cayenne is masked by the temperature of the milk (the spiciness of the pepper will remain), or when the hot chocolate is at your desired temperature. Ladle the hot chocolate into mugs and garnish with a sprinkle of cinnamon.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:17.58, Inflammation Score:-3, Nutrition Score:9.2678261787995%

Nutrients (% of daily need)

Calories: 341.83kcal (17.09%), Fat: 18.52g (28.49%), Saturated Fat: 11.01g (68.81%), Carbohydrates: 34.73g (11.58%), Net Carbohydrates: 34.48g (12.54%), Sugar: 34.85g (38.72%), Cholesterol: 65.19mg (21.73%), Sodium: 144.08mg (6.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.23g (20.47%), Calcium: 323.57mg (32.36%), Vitamin B2: 0.53mg (30.95%), Phosphorus: 273.56mg (27.36%), Vitamin B12: 1.35µg (22.54%), Selenium: 10.1µg (14.43%), Potassium: 408.84mg (11.68%), Vitamin B5: 1.11mg (11.11%), Zinc: 1.38mg (9.23%), Vitamin B1: 0.11mg (7.1%), Magnesium: 27.86mg (6.96%), Vitamin A: 320.49IU (6.41%), Vitamin B6: 0.12mg (5.94%), Folate: 17.88µg (4.47%), Vitamin K: 4.46µg (4.25%), Vitamin E: 0.62mg (4.16%), Manganese: 0.08mg (3.97%), Vitamin B3: 0.52mg (2.58%), Copper: 0.05mg (2.31%), Iron: 0.36mg (2.02%), Vitamin D: 0.22µg (1.47%), Fiber: 0.25g (1.01%)