



Healthdor

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Hot Chocolate ♦♦

Hot chocolate is a warm beverage that is typically made with cocoa powder, sugar, and milk. It is often enjoyed during the cold winter months and is a popular treat for both children and adults. This recipe provides a rich and creamy hot chocolate that can be customized with toppings such as whipped cream, marshmallows, or chocolate shavings.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: 10 mins

Total Time: 15 mins

Recipe Yield: 250 grams

Number of Servings: 2

Serving Size: 125 g

Ingredients

20 g	Cocoa Powder
30 g	Sugar
500 ml	milk
30 g	whipped cream
30 g	marshmallows

10 g chocolate shavings

Directions

Step 1

Stove

In a small saucepan, combine cocoa powder and sugar.

Prep Time: 2 mins

Cook Time: 3 mins

Step 2

Stove

Gradually whisk in milk until smooth.

Prep Time: 1 mins

Cook Time: 5 mins

Step 3

Stove

Heat over medium heat, stirring constantly, until hot but not boiling.

Prep Time: 0 mins

Cook Time: 2 mins

Step 4

Pour hot chocolate into mugs and top with whipped cream, marshmallows, and chocolate shavings.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 4 g

Protein: 5 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	2 g	5.26%	8%
Sugars	20 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	4 g	14.29%	16%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	4 iu	0.44%	0.57%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	15 mcg	100%	100%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	90 mg	3.91%	3.91%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	250 mg	7.35%	9.62%
Zinc	6 mg	54.55%	75%
Selenium	4 mcg	7.27%	7.27%

Recipe Attributes

Seasonality

Winter

Events

Christmas

Meal Type

Breakfast

Lunch

Dinner

Snack

Course

Drinks

Snacks

Cultural

Chinese New Year

Christmas

Demographics

Kids Friendly

Teen Friendly

Allergy Friendly

Heart Healthy

Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Paleo Diet

Ornish Diet

TLC Diet (Therapeutic Lifestyle Changes)

Intermittent Fasting

Vegetarian Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

Anti-Inflammatory Diet

Low Glycemic Index Diet

Low Sodium Diet

The Fast Metabolism Diet

The Scarsdale Diet

The Hallelujah Diet

The Beverly Hills Diet

The Grapefruit Diet

The Cookie Diet

The Israeli Army Diet

The Breatharian Diet

The Five-Bite Diet

The Master Cleanse Diet

The Subway Diet

The Cambridge Diet

The 3-Day Diet

The Eat-Clean Diet

The Peanut Butter Diet

The Bulletproof Diet

The Carnivore Diet

The Dukan Diet

The Optavia Diet

The Starch Solution Diet

The GOLO Diet

The Gut and Psychology Syndrome (GAPS) Diet

The Specific Carbohydrate Diet (SCD)

The Dr. Sebi Diet

The Crohn's Disease Diet

The BRAT Diet (Bananas, Rice, Applesauce, Toast)

The GERD Diet (Gastroesophageal Reflux Disease)

The PCOS (Polycystic Ovary Syndrome) Diet

The IBS (Irritable Bowel Syndrome) Diet

The Salicylate Sensitivity Diet

The Epilepsy Diet (Modified Atkins Diet for Seizures)

The Chronic Fatigue Syndrome Diet

The Osteoporosis Diet

The Heart-Healthy Diet

The Non-Alcoholic Fatty Liver Disease (NAFLD) Diet

The Low Purine Diet

The High-Fiber Diet

The Low-Fat Diet

The High-Protein Diet The High-Calcium Diet The Low-Potassium Diet

The High-Iron Diet The Low-Iron Diet The High-Vitamin C Diet

The High-Vitamin K Diet The Low-Copper Diet The Spring Detox Diet

The Summer Weight Loss Diet The Fall Immunity-Boosting Diet

The Winter Warming Diet The Low-Sulfur Diet The Eczema Diet

The Psoriasis Diet The Rosacea Diet The Migraine Diet

The Celiac Disease Diet The Gallbladder Diet The Kidney Stone Diet

The Anti-Anxiety Diet The Depression Diet The Adrenal Fatigue Diet

The Endometriosis Diet The Hashimoto's Disease Diet The Lyme Disease Diet

The Restless Leg Syndrome Diet The Tinnitus Diet The Interstitial Cystitis Diet

The Gastroparesis Diet The Menopause Diet The Post-Pregnancy Diet

The Fertility Diet The Breastfeeding Diet The Low-Nickel Diet

The Chronic Urticaria Diet The Dysphagia Diet

The Chronic Kidney Disease (CKD) Diet The Raynaud's Disease Diet

The Sjögren's Syndrome Diet The Low Tyramine Diet The Lactose-Free Diet

The Fructose Malabsorption Diet The Low-Histamine Diet

The Mast Cell Activation Syndrome (MCAS) Diet

The Irritable Larynx Syndrome (ILS) Diet The Chronic Pancreatitis Diet

The Sarcoidosis Diet The Leaky Gut Syndrome Diet The Behçet's Disease Diet

The Graves' Disease Diet The Addison's Disease Diet

The Cushing's Syndrome Diet The Ankylosing Spondylitis Diet The Lupus Diet

The Myasthenia Gravis Diet

The POTS (Postural Orthostatic Tachycardia Syndrome) Diet

The Eosinophilic Esophagitis (EoE) Diet

The Chronic Obstructive Pulmonary Disease (COPD) Diet The Asthma Diet

The Sinusitis Diet The Bronchiectasis Diet The Insomnia Diet

The Seasonal Affective Disorder (SAD) Diet

The ADHD Diet (Attention Deficit Hyperactivity Disorder) The Autism Diet

The Bipolar Disorder Diet

The Schizophrenia Diet

The Post-Traumatic Stress Disorder (PTSD) Diet

Blood Type O Diet

Blood Type A Diet

Blood Type B Diet

Blood Type AB Diet

Cooking Method

Grilling

Frying

Baking

Boiling

Steaming

Microwaving

Blanching

Sautéing

Roasting

Smoking

Curing

Blending

Grinding

Freezing

Canning

Drying

Pickling

Sous Vide

Pasteurizing

Fermenting

Infusing

Pressing

Jellying

Carbonating

Whipping

Stirring

Simmering

Cutting

Cut

Mixing

Resting

Plating

Serving

Cooking

None

Stir-frying

Mashing

Preheating

Sprinkling

Heating

Refrigerating

Preparation

Cooling

Oven

Stove

Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Inflammatory bowel disease (IBD)

Irritable bowel syndrome (IBS)

Celiac disease

Diverticulitis

Hemorrhoids

Appendicitis

Gallstones

Pancreatitis

Liver disease

Gastroparesis

Gastroenteritis

Hepatitis

Colorectal cancer

Difficulty Level

Medium

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