



Healthdor

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## Hot Cocoa ♦

Hot cocoa is a warm and comforting beverage that is perfect for cold winter days. It is made by mixing cocoa powder, sugar, and milk, and can be enjoyed with whipped cream or marshmallows. Hot cocoa is often associated with cozy evenings by the fireplace and is a favorite treat during the holiday season.

**Recipe Type:** Standard

**Prep Time:** 5 mins

**Cook Time:** 10 mins

**Total Time:** 15 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 2

**Serving Size:** 100 g

### Ingredients

20 g	Cocoa Powder
30 g	Sugar
400 ml	milk
50 g	whipped cream
30 g	marshmallows

## Directions

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### Step 1

Stove

In a saucepan, mix cocoa powder and sugar.

**Prep Time:** 2 mins

**Cook Time:** 5 mins

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### Step 2

Stove

Add milk to the saucepan and heat until hot, but not boiling.

**Prep Time:** 1 mins

**Cook Time:** 5 mins

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### Step 3

Pour the hot cocoa into mugs and top with whipped cream and marshmallows.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 160 kcal

**Fat:** 4 g

**Protein:** 8 g

**Carbohydrates:** 27 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	27 g	49.09%	54%
Fibers	2 g	5.26%	8%
Sugars	21 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
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	20 mcg	833.33%	833.33%
Vitamin E	0 mg	0%	0%
Vitamin D	25 mcg	166.67%	166.67%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	80 mg	3.48%	3.48%
Calcium	30 mg	3%	3%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	300 mg	8.82%	11.54%
Zinc	6 mg	54.55%	75%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Seasonality

Winter

### Events

Christmas

Birthday

New Year

### Meal Type

Breakfast

Brunch

Snack

Supper

### Nutritional Content

Low Calorie

Low Fat

High Fiber

High Calcium

### Course

Drinks

Snacks

Sauces & Dressings

### Cultural

Christmas

Easter

### Cost

\$10 to \$20

### Demographics

Senior Friendly

Teen Friendly

Diabetic Friendly

Heart Healthy

**Diet**

The Whole30 Diet

**Difficulty Level**

Easy

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