



Healthdor

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Chocolate Milk ♦♦

A delicious and creamy beverage made with chocolate and milk.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: N/A

Total Time: 5 mins

Recipe Yield: 480 grams

Number of Servings: 2

Serving Size: 240 g

Ingredients

2 oz chocolate

16 fl oz Milk

Directions

Step 1

Microwaving

Melt the chocolate in a microwave or double boiler.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Stove

Heat the milk in a saucepan until hot but not boiling.

Prep Time: 2 mins

Cook Time: 2 mins

Step 3

Stirring

Pour the melted chocolate into the hot milk and stir until well combined.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Serving

Serve the chocolate milk hot or refrigerate until chilled.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 220 kcal

Fat: 8 g

Protein: 8 g

Carbohydrates: 30 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	30 g	54.55%	60%
Fibers	2 g	5.26%	8%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	26 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	4 g	18.18%	23.53%
Fat	8 g	28.57%	32%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
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	120 mg	5.22%	5.22%
Calcium	30 mg	3%	3%
Iron	8 mg	100%	44.44%
Potassium	380 mg	11.18%	14.62%
Zinc	10 mg	90.91%	125%
Selenium	6 mcg	10.91%	10.91%

Recipe Attributes

Events

Christmas Father's Day Anniversary Barbecue

Cuisines

Indian

Course

Drinks Salads Snacks Sauces & Dressings

Cultural

Easter

Cost

Under \$10

Demographics

Kids Friendly Teen Friendly Diabetic Friendly Heart Healthy

Diet

Vegan Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

The F-Plan Diet

Meal Type

Snack

Supper

Difficulty Level

Easy

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