

Italian Hot Chocolate {Cioccolata Calda}

Yield: 2 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-hot-chocolate-recipe>

Ingredients:

- 1 1/2 cups whole milk
- 1 tablespoon half & half fat free, or cream
- 4 ounces chocolate good quality, she recommends 70% or higher, but we used semi-sweet for my girl because she doesn't like her hot cho...
- 2 teaspoons sugar
- 2 tablespoons corn starch

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 67 grams
3. Cholesterol: 20 milligrams
4. Fat: 10 grams
5. Fiber: 1 grams
6. Protein: 7 grams
7. SaturatedFat: 6 grams
8. Sodium: 100 milligrams
9. Sugar: 50 grams

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