

# Thick Italian Hot Chocolate

Yield: 2 min  
Total Time: 25 min

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

## Ingredients:

- 1/2 cup half-and-half
- 1/2 teaspoon cornstarch
- 4 tablespoons granulated sugar if using semisweet chocolate or if you'd prefer a less sweet drink, reduce to 2 tbsp.
- 3 ounces dark chocolate or bittersweet, finely chopped

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 54 grams
3. Cholesterol: 25 milligrams
4. Fat: 21 grams
5. Fiber: 3 grams
6. Protein: 4 grams
7. SaturatedFat: 12 grams
8. Sodium: 35 milligrams
9. Sugar: 45 grams

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