

Mexican Hot Chocolate

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-sweets-chocolate-burfi-recipe>

Ingredients:

- 2 cups whole milk
- 4 tablespoons unsweetened cocoa powder natural
- 1/8 teaspoon salt
- 1/4 teaspoon red chile powder
- 3 ounces dark chocolate up to 73%, chopped finely

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 15 milligrams
4. Fat: 11 grams
5. Fiber: 3 grams
6. Protein: 6 grams
7. SaturatedFat: 7 grams
8. Sodium: 135 milligrams
9. Sugar: 16 grams

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