

Gingerbread Cocoa

Southern Living Magazine

Servings: 16

Yield: 16 cups

2 cups sugar

1/2 cup unsweetened cocoa

2 teaspoons ground ginger

1 gallon milk

miniature marshmallows (for garnish)

In a six-quart Dutch oven, whisk together the sugar, cocoa and ginger until blended.

Gradually whisk in the milk.

Cook the mixture over medium heat, stirring constantly, for 20 minutes or until thoroughly heated.

Transfer to a six-quart slow cooker and keep warm on LOW.

Garnish with marshmallows, if desired.

Start to Finish Time: 25 minutes

Per Serving (excluding unknown items): 258 Calories; 8g Fat (28.9% calories from fat); 9g Protein; 38g Carbohydrate; 1g Dietary Fiber; 33mg Cholesterol; 121mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Non-Fat Milk; 1 1/2 Fat; 2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	258
% Calories from Fat:	28.9%
% Calories from Carbohydrates:	57.9%
% Calories from Protein:	13.3%
Total Fat (g):	8g
Saturated Fat (g):	5g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	33mg
Carbohydrate (g):	38g
	1g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.9mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	12mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

Food Exchanges

0
2

Dietary Fiber (g):
Protein (g): 9g
Sodium (mg): 121mg
Potassium (mg): 510mg
Calcium (mg): 296mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 308IU
Vitamin A (r.e.): 93RE

Grain (Starch):
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 1
Fat: 1 1/2
Other Carbohydrates: 2

Nutrition Facts

Servings per Recipe: 16

Amount Per Serving

Calories 258 Calories from Fat: 74

% Daily Values*

Total Fat	8g			13%
	Saturated Fat	5g		26%
Cholesterol	33mg			11%
Sodium	121mg			5%
Total Carbohydrates		38g		13%
	Dietary Fiber	1g		3%
Protein	9g			

Vitamin A				6%
Vitamin C				4%
Calcium				30%
Iron				7%

* Percent Daily Values are based on a 2000 calorie diet.