

# Zinfandel-Spiked Hot Cocoa with Cinnamon Whipped Cream

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## Servings: 6

*3/4 cup unsweetened dark cocoa powder*  
*1/2 cup + 1 tablespoon sugar, divided*  
*1/8 teaspoon salt*  
*4 cups milk*  
*1 cup red zinfandel wine*  
*1/2 cup whipping cream*  
*1/4 teaspoon ground cinnamon*  
*1/4 teaspoon vanilla extract*  
*shaved chocolate (optional)*

In a large saucepan, combine the cocoa powder, 1/2 cup of sugar and salt. Stir in the milk and wine. Cook and stir over medium heat until the mixture just boils. Remove from the heat. Keep warm.

Meanwhile, in a medium bowl, combine the whipping cream, one tablespoon of sugar, the cinnamon and vanilla. Beat with an electric mixer on medium-high speed until soft peaks form.

Pour the hot cocoa into six large mugs. Top with the whipped cream mixture.

If desired, sprinkle with shaved chocolate.

Start to Finish Time: 15 minutes

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Per Serving (excluding unknown items): 234 Calories; 13g Fat (48.4% calories from fat); 6g Protein; 25g Carbohydrate; trace Dietary Fiber; 49mg Cholesterol; 130mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Non-Fat Milk; 2 1/2 Fat; 1 Other Carbohydrates.

Beverages

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	234	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	48.4%	<b>Vitamin B12 (mcg):</b>	.6mcg
<b>% Calories from Carbohydrates:</b>	41.9%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	9.7%	<b>Riboflavin B2 (mg):</b>	.3mg
<b>Total Fat (g):</b>	13g	<b>Folacin (mcg):</b>	9mcg
<b>Saturated Fat (g):</b>	8g	<b>Niacin (mg):</b>	trace

**Monounsaturated Fat (g):** 4g  
**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 49mg  
**Carbohydrate (g):** 25g  
**Dietary Fiber (g):** trace  
**Protein (g):** 6g  
**Sodium (mg):** 130mg  
**Potassium (mg):** 262mg  
**Calcium (mg):** 209mg  
**Iron (mg):** trace  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 2mg  
**Vitamin A (i.u.):** 497IU  
**Vitamin A (r.e.):** 145 1/2RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 1  
**% Refuse:** n n%

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### Food Exchanges

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

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## Nutrition Facts

Servings per Recipe: 6

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### Amount Per Serving

**Calories** 234                      **Calories from Fat:** 113

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#### % Daily Values\*

<b>Total Fat</b> 13g	20%
Saturated Fat 8g	40%
<b>Cholesterol</b> 49mg	16%
<b>Sodium</b> 130mg	5%
<b>Total Carbohydrates</b> 25g	8%
Dietary Fiber trace	0%
<b>Protein</b> 6g	
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<b>Vitamin A</b>	10%
<b>Vitamin C</b>	3%
<b>Calcium</b>	21%
<b>Iron</b>	1%

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