



## Chocolate Cream Dessert

READY IN



20 min.

SERVINGS



16

CALORIES



411 kcal

DESSERT

### Ingredients

- 16 servings almonds toasted sliced
- 0.7 cup butter melted
- 0.5 teaspoon ground cinnamon
- 2 cups cup heavy whipping cream
- 10 ounces marshmallows
- 1 cup milk
- 7 ounces chocolate plain with almonds, broken into pieces
- 0.3 cup sugar
- 0.5 teaspoon vanilla extract

3 cups vanilla wafers crushed ( 90 wafers)

## Equipment

bowl

frying pan

sauce pan

## Directions

In a large bowl, combine the vanilla crumbs, butter, sugar and cinnamon. Set aside 1/3 cup for topping. Press remaining crumb mixture into a greased 13-in. x 9-in. pan; refrigerate until firm.

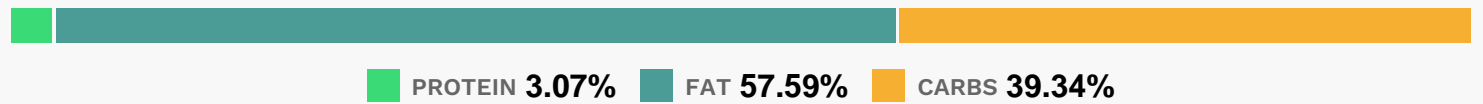
In a large saucepan, heat the candy bar, marshmallows and milk over medium-low heat until chocolate and marshmallows are melted, stirring often.

Remove from the heat; cool to room temperature.

Fold in whipped cream and vanilla; pour over crust. Chill for 3-4 hours.

Sprinkle with reserved crumb mixture and almonds if desired.

## Nutrition Facts



## Properties

Glycemic Index:22.07, Glycemic Load:25.46, Inflammation Score:-4, Nutrition Score:4.342173906772%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

## Nutrients (% of daily need)

Calories: 410.97kcal (20.55%), Fat: 27.27g (41.96%), Saturated Fat: 15.7g (98.14%), Carbohydrates: 41.93g (13.98%), Net Carbohydrates: 40.78g (14.83%), Sugar: 27.9g (31%), Cholesterol: 55.99mg (18.66%), Sodium: 173.78mg (7.56%), Alcohol: 0.04g (100%), Alcohol %: 0.05% (100%), Caffeine: 8.19mg (2.73%), Protein: 3.27g (6.54%), Vitamin A: 698.59IU (13.97%), Vitamin B2: 0.17mg (9.98%), Vitamin B1: 0.11mg (7.09%), Phosphorus: 68.1mg (6.81%), Magnesium: 21.22mg (5.31%), Vitamin E: 0.79mg (5.27%), Folate: 20.62µg (5.15%), Copper: 0.1mg (5.13%),

Manganese: 0.1mg (4.89%), Calcium: 47.53mg (4.75%), Fiber: 1.15g (4.59%), Vitamin D: 0.64µg (4.29%), Vitamin B3: 0.71mg (3.55%), Potassium: 115.43mg (3.3%), Selenium: 1.99µg (2.84%), Iron: 0.46mg (2.55%), Zinc: 0.37mg (2.46%), Vitamin B12: 0.15µg (2.43%), Vitamin K: 2.46µg (2.34%), Vitamin B5: 0.16mg (1.58%), Vitamin B6: 0.03mg (1.37%)