



## Chocolate Ice Cream Bon Bons

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



135 min.

SERVINGS



24

CALORIES



125 kcal

### Ingredients

- 12 ounces bittersweet chocolate divided finely chopped
- 1 pint ice-cream chocolate shell your favorite (or flavor)

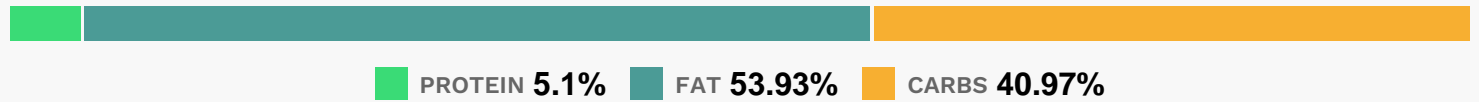
### Equipment

- bowl
- frying pan
- baking sheet
- baking paper

## Directions

- Using a baking sheet or plate that will fit in the freezer, line with parchment paper and chill in freezer for 30 minutes. Scoop rounded tablespoons of ice cream onto prepared pan and freeze until firm, about 1 hour. If desired, re-roll into round balls and re-freeze until completely firm, about 30 minutes.
- Place the chocolate in a heatproof bowl set over a pan of barely simmering water. Melt, gently stirring, until smooth.
- Transfer melted chocolate to a mug.
- Working quickly, dip ice cream balls into the chocolate, one at a time, and set back onto lined pan. Freeze until chocolate is set, about 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:2.08, Glycemic Load:2.66, Inflammation Score:-2, Nutrition Score:3.100000049109%

## Nutrients (% of daily need)

Calories: 124.66kcal (6.23%), Fat: 7.6g (11.69%), Saturated Fat: 4.46g (27.9%), Carbohydrates: 12.99g (4.33%), Net Carbohydrates: 11.62g (4.23%), Sugar: 10.21g (11.35%), Cholesterol: 7.55mg (2.52%), Sodium: 16.4mg (0.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.78mg (4.26%), Protein: 1.62g (3.23%), Manganese: 0.22mg (10.77%), Copper: 0.2mg (10.18%), Magnesium: 30.67mg (7.67%), Iron: 1.08mg (6%), Phosphorus: 57.95mg (5.8%), Fiber: 1.37g (5.48%), Potassium: 129.46mg (3.7%), Zinc: 0.49mg (3.27%), Calcium: 30.28mg (3.03%), Vitamin B2: 0.05mg (2.66%), Selenium: 1.68µg (2.41%), Vitamin A: 89.1IU (1.78%), Vitamin B5: 0.15mg (1.52%), Vitamin B12: 0.08µg (1.38%), Vitamin K: 1.08µg (1.03%)