



Chocolate-Malt Ice Cream



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



246 kcal

Ingredients



6 ounces bittersweet chocolate chopped



1 cup malted milk balls chopped

Equipment



bowl

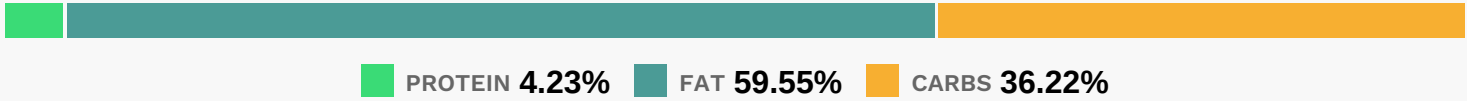


whisk

Directions

- ☐
- Strain hot custard over 6 ounces chopped bittersweet chocolate in a medium bowl; let stand 5 minutes, then whisk to combine.
- ☐
- Let cool over a bowl of ice water. Process custard, adding in 1 cup chopped malted milk balls at the end.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:6.4078261126643%

Nutrients (% of daily need)

Calories: 246.22kcal (12.31%), Fat: 16.29g (25.06%), Saturated Fat: 9.37g (58.55%), Carbohydrates: 22.29g (7.43%), Net Carbohydrates: 18.89g (6.87%), Sugar: 15.61g (17.35%), Cholesterol: 2.55mg (0.85%), Sodium: 4.25mg (0.18%), Alcohol %: 0% (100%), Caffeine: 36.57mg (12.19%), Protein: 2.6g (5.2%), Manganese: 0.56mg (28.17%), Copper: 0.53mg (26.54%), Magnesium: 74.84mg (18.71%), Iron: 2.69mg (14.93%), Fiber: 3.4g (13.61%), Phosphorus: 110.56mg (11.06%), Zinc: 1.13mg (7.51%), Potassium: 241.11mg (6.89%), Selenium: 3.57µg (5.1%), Vitamin K: 3.06µg (2.92%), Calcium: 26.37mg (2.64%), Vitamin B3: 0.36mg (1.78%), Vitamin E: 0.25mg (1.67%), Vitamin B5: 0.13mg (1.28%), Vitamin B12: 0.08µg (1.28%), Vitamin B2: 0.02mg (1.23%)