



Chocolate Malt Ice Cream

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



261 kcal

DESSERT

Ingredients

- 1 cup malt powder
- 1.3 cups sugar
- 1 cup cocoa unsweetened
- 1 cup water boiling
- 6 cups milk whole

Equipment

- bowl
- whisk

Directions

- Combine first 3 ingredients in a bowl; stir well with a whisk.
- Add malt powder, stirring until dissolved. Stir in milk. Cover and chill.
- Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions.

Nutrition Facts



Properties

Glycemic Index:10.81, Glycemic Load:21.21, Inflammation Score:-5, Nutrition Score:9.4582608776248%

Flavonoids

Catechin: 5.57mg, Catechin: 5.57mg, Catechin: 5.57mg, Catechin: 5.57mg Epicatechin: 16.89mg, Epicatechin: 16.89mg, Epicatechin: 16.89mg, Epicatechin: 16.89mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 261.49kcal (13.07%), Fat: 6.54g (10.07%), Saturated Fat: 3.71g (23.22%), Carbohydrates: 49.24g (16.41%), Net Carbohydrates: 45.46g (16.53%), Sugar: 42.14g (46.82%), Cholesterol: 17.69mg (5.9%), Sodium: 82.64mg (3.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 24.41mg (8.14%), Protein: 7.13g (14.25%), Phosphorus: 232.86mg (23.29%), Calcium: 199.56mg (19.96%), Copper: 0.36mg (17.9%), Magnesium: 69.47mg (17.37%), Manganese: 0.34mg (16.85%), Fiber: 3.78g (15.13%), Vitamin B2: 0.25mg (14.87%), Vitamin B12: 0.84µg (14.05%), Potassium: 428.1mg (12.23%), Vitamin D: 1.61µg (10.74%), Zinc: 1.29mg (8.61%), Iron: 1.49mg (8.3%), Vitamin B1: 0.11mg (7.35%), Selenium: 5.03µg (7.19%), Vitamin B5: 0.61mg (6.07%), Vitamin B6: 0.12mg (5.95%), Vitamin A: 251.79IU (5.04%), Vitamin B3: 0.59mg (2.96%), Folate: 7.38µg (1.84%)