



## Chocolate Malted

READY IN



45 min.

SERVINGS



2

CALORIES



546 kcal

SIDE DISH

## Ingredients

- ☐ 2 cups ice-cream chocolate shell
- ☐ 2 servings chocolate covered malt balls
- ☐ 3 tablespoons chocolate syrup
- ☐ 0.3 cup liquid malt extract
- ☐ 0.3 cup milk

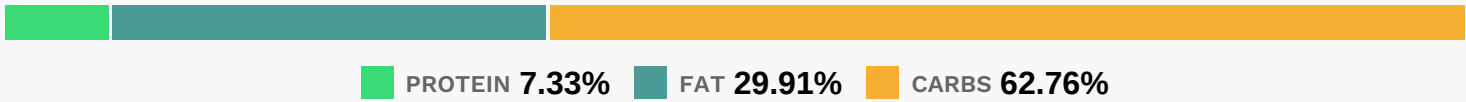
## Equipment

- ☐ blender

# Directions

- ☐ In a blender, combine 2 cups chocolate ice cream, 1/3 cup milk, 1/4 cup malted milk powder, and 3 tablespoons chocolate syrup. Whirl until smooth and pour into a chilled tall glass (at least 16 oz.) or two chilled glasses (8 oz. each).
- ☐ Garnish with halved chocolate covered malt balls.

## Nutrition Facts



## Properties

Glycemic Index:44, Glycemic Load:18.54, Inflammation Score:-6, Nutrition Score:13.345652175986%

## Nutrients (% of daily need)

Calories: 546.41kcal (27.32%), Fat: 18.65g (28.69%), Saturated Fat: 11.13g (69.58%), Carbohydrates: 88.04g (29.35%), Net Carbohydrates: 84.65g (30.78%), Sugar: 71.82g (79.8%), Cholesterol: 53.72mg (17.91%), Sodium: 240.55mg (10.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 13.53mg (4.51%), Protein: 10.28g (20.57%), Phosphorus: 313.7mg (31.37%), Vitamin B2: 0.51mg (30.17%), Calcium: 257.26mg (25.73%), Magnesium: 91.89mg (22.97%), Copper: 0.41mg (20.27%), Potassium: 705.1mg (20.15%), Manganese: 0.34mg (16.9%), Iron: 2.45mg (13.6%), Vitamin B12: 0.82µg (13.59%), Fiber: 3.39g (13.55%), Vitamin A: 674.57IU (13.49%), Vitamin B1: 0.2mg (13.08%), Selenium: 8.5µg (12.15%), Vitamin B5: 1.05mg (10.51%), Zinc: 1.47mg (9.83%), Vitamin B6: 0.2mg (9.8%), Folate: 36.68µg (9.17%), Vitamin B3: 1.68mg (8.39%), Vitamin D: 0.71µg (4.74%), Vitamin E: 0.51mg (3.43%), Vitamin C: 1.75mg (2.12%), Vitamin K: 2.04µg (1.94%)