



HEALTH SCORE

100%

Chocolate Snow Ice Cream



Vegetarian



Gluten Free



Very Healthy



Popular

READY IN



15 min.

SERVINGS



8

CALORIES



305 kcal

DESSERT

Ingredients



1 cup confectioners' sugar



1 teaspoon powdered coffee instant



2 cups milk



1 gallon clean snow fresh



0.3 cup cocoa powder unsweetened



1 tablespoon vanilla extract

Equipment



bowl

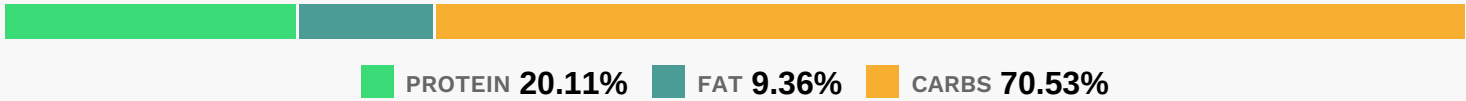
☐

whisk

Directions

- ☐ In a bowl, whisk together the milk, confectioners' sugar, vanilla extract, cocoa powder, and instant coffee until the sugar has dissolved and the mixture is smooth.
- ☐ Place the snow into a large bowl, and pour the chocolate mixture over the snow. With a large spoon, stir until the snow ice cream is thoroughly combined.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:1.08, Inflammation Score:-10, Nutrition Score:38.469565453737%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 304.93kcal (15.25%), Fat: 3.27g (5.03%), Saturated Fat: 1.54g (9.6%), Carbohydrates: 55.4g (18.47%), Net Carbohydrates: 42.1g (15.31%), Sugar: 36.78g (40.87%), Cholesterol: 7.32mg (2.44%), Sodium: 43.16mg (1.88%), Alcohol: 0.56g (100%), Alcohol %: 0.13% (100%), Caffeine: 10.11mg (3.37%), Protein: 15.79g (31.59%), Vitamin C: 283.91mg (344.13%), Vitamin K: 118.55µg (112.9%), Vitamin A: 5242.25IU (104.84%), Manganese: 1.27mg (63.33%), Iron: 10.23mg (56.84%), Fiber: 13.3g (53.19%), Folate: 199.59µg (49.9%), Vitamin B1: 0.75mg (49.75%), Vitamin B6: 0.8mg (39.9%), Vitamin B5: 3.78mg (37.84%), Magnesium: 134.9mg (33.72%), Phosphorus: 332.6mg (33.26%), Potassium: 1085.83mg (31.02%), Calcium: 282.44mg (28.24%), Vitamin B2: 0.47mg (27.86%), Copper: 0.48mg (23.93%), Vitamin B3: 3mg (15.02%), Vitamin E: 1.88mg (12.52%), Zinc: 1.71mg (11.43%), Selenium: 4.96µg (7.09%), Vitamin B12: 0.33µg (5.49%), Vitamin D: 0.67µg (4.47%)