



Chocolate Tacos with Ice Cream and Peanuts

READY IN



70 min.

SERVINGS



8

CALORIES



266 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon canola oil
- ☐ 1 teaspoon cornstarch
- ☐ 0.5 cup dry-roasted peanuts unsalted divided finely chopped
- ☐ 3 tablespoons egg whites
- ☐ 0.3 cup flour all-purpose
- ☐ 1 teaspoon milk 2% reduced-fat
- ☐ 2.7 cups whipped cream low-fat
- ☐ 0.5 cup powdered sugar
- ☐ 0.3 teaspoon salt

- ☐ 0.5 cup semi chocolate chips
- ☐ 3 tablespoons cocoa unsweetened
- ☐ 0.3 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wooden spoon
- ☐ microwave
- ☐ spatula

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 5 ingredients, stirring well. Stir in egg whites, milk, and vanilla.
- ☐ Coat a baking sheet with cooking spray. Using your finger, draw 4 (5-inch) circles on baking sheet. Spoon 1 tablespoon batter onto each circle, spreading to edges of circle using the back of a spoon.
- ☐ Bake at 400 for 6 minutes or until edges begin to brown. Loosen edges with a spatula; remove from baking sheet. Working quickly, gently drape each taco over suspended wooden spoons, gently shaping into a shell; cool completely. (Shells are delicate and should be handled carefully when shaped.) Repeat procedure to form a total of 8 shells.
- ☐ Combine chocolate chips and oil in a microwave-safe bowl. Microwave at HIGH 1 minute or until chocolate melts, stirring after 30 seconds; stir until smooth. Gently spread about 1 teaspoon chocolate mixture on the top third of the outside of both sides of cooled shells, and sprinkle with about 1 teaspoon chopped peanuts. Spoon 1/3 cup ice cream into each shell.
- ☐ Drizzle remaining chocolate mixture evenly over ice cream; sprinkle evenly with remaining peanuts. Freeze for at least 30 minutes before serving.

Nutrition Facts



 PROTEIN **10.31%**  FAT **39.59%**  CARBS **50.1%**

Properties

Glycemic Index:13.88, Glycemic Load:7.48, Inflammation Score:-4, Nutrition Score:7.3247825671797%

Flavonoids

Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epicatechin: 3.68mg, Epicatechin: 3.68mg, Epicatechin: 3.68mg, Epicatechin: 3.68mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 265.77kcal (13.29%), Fat: 12.05g (18.54%), Saturated Fat: 4.85g (30.34%), Carbohydrates: 34.3g (11.43%), Net Carbohydrates: 31.64g (11.5%), Sugar: 22.79g (25.32%), Cholesterol: 14.4mg (4.8%), Sodium: 160.96mg (7%), Alcohol: 0.04g (100%), Alcohol %: 0.06% (100%), Caffeine: 13.99mg (4.66%), Protein: 7.06g (14.13%), Manganese: 0.47mg (23.33%), Copper: 0.29mg (14.41%), Phosphorus: 136.18mg (13.62%), Magnesium: 53.14mg (13.29%), Vitamin B2: 0.19mg (11.37%), Fiber: 2.67g (10.66%), Calcium: 101.94mg (10.19%), Vitamin B3: 1.8mg (9.02%), Iron: 1.47mg (8.16%), Potassium: 282.93mg (8.08%), Selenium: 5.41µg (7.73%), Zinc: 1.01mg (6.74%), Vitamin B1: 0.09mg (6.13%), Folate: 22.54µg (5.63%), Vitamin A: 233.25IU (4.66%), Vitamin B12: 0.27µg (4.44%), Vitamin B5: 0.44mg (4.39%), Vitamin B6: 0.05mg (2.72%), Vitamin E: 0.22mg (1.46%), Vitamin K: 1.43µg (1.36%)