



Chocolate-Yogurt Malt



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



226 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

☐ 0.3 cup chocolate-flavored malted milk instant

☐ 4 cups vanilla yogurt frozen low-fat

☐ 1 cup chocolate milk 1% low-fat

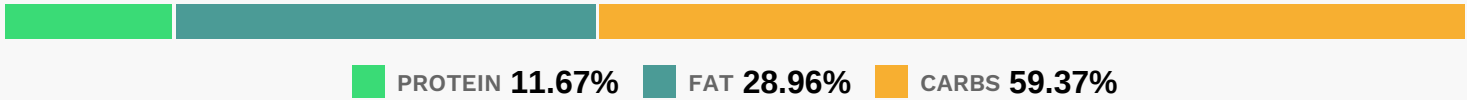
Equipment

☐ blender

Directions

- ☐
- Process all ingredients in a blender until smooth, stopping to scrape down sides.
- ☐
- Serve immediately.
- ☐
- NOTE: For testing purposes only, we used Ovaltine for chocolate-flavored instant malted milk.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:0.42, Inflammation Score:-3, Nutrition Score:6.7095652106016%

Nutrients (% of daily need)

Calories: 225.54kcal (11.28%), Fat: 7.43g (11.43%), Saturated Fat: 4.51g (28.19%), Carbohydrates: 34.27g (11.42%), Net Carbohydrates: 34.12g (12.41%), Sugar: 33.81g (37.57%), Cholesterol: 6.3mg (2.1%), Sodium: 140.22mg (6.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.73g (13.47%), Calcium: 243.24mg (24.32%), Vitamin B2: 0.4mg (23.64%), Phosphorus: 209.23mg (20.92%), Potassium: 349.95mg (10%), Vitamin B5: 0.93mg (9.31%), Vitamin B12: 0.49µg (8.17%), Selenium: 4.99µg (7.13%), Vitamin A: 354.47IU (7.09%), Magnesium: 24.25mg (6.06%), Vitamin B6: 0.12mg (6.03%), Vitamin D: 0.83µg (5.52%), Zinc: 0.75mg (5%), Vitamin B1: 0.06mg (4.18%), Copper: 0.07mg (3.41%), Manganese: 0.06mg (3.1%), Iron: 0.49mg (2.73%), Folate: 9.04µg (2.26%), Vitamin B3: 0.41mg (2.04%), Vitamin C: 1.23mg (1.5%)