



## Cinnamon-Chip Ice Cream Balls

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



556 kcal

DESSERT

### Ingredients

- 6 servings toppings: chocolate syrup
- 1 cup cinnamon-sugar wheat-and-rice cereal whole
- 1 cup cereal
- 0.5 cup semisweet chocolate mini-morsels
- 6 scoops whipped cream

### Equipment

- bowl
- frying pan

ziploc bags

rolling pin

## Directions

Crush cereal and granola in a heavy-duty zip-top plastic bag using a rolling pin.

Add chocolate morsels; seal and shake.

Pour into a large bowl.

Shape each ice-cream scoop into a ball; roll in crumb mixture, coating evenly, and place in a 9-inch square pan. Freeze until firm.

Drizzle the balls with syrups before serving.

Note: For testing purposes only, we used Cinnamon Toast Crunch.

## Nutrition Facts



## Properties

Glycemic Index:21.85, Glycemic Load:32.49, Inflammation Score:-4, Nutrition Score:10.340434800024%

## Nutrients (% of daily need)

Calories: 555.95kcal (27.8%), Fat: 17.07g (26.26%), Saturated Fat: 8.35g (52.21%), Carbohydrates: 96.12g (32.04%), Net Carbohydrates: 92.4g (33.6%), Sugar: 76.62g (85.14%), Cholesterol: 29.92mg (9.97%), Sodium: 90.1mg (3.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 14.94mg (4.98%), Protein: 6.44g (12.87%), Manganese: 0.9mg (44.88%), Copper: 0.46mg (23.16%), Phosphorus: 218.6mg (21.86%), Magnesium: 79.41mg (19.85%), Iron: 2.73mg (15.15%), Fiber: 3.73g (14.9%), Vitamin B2: 0.23mg (13.44%), Calcium: 116.94mg (11.69%), Potassium: 383.19mg (10.95%), Zinc: 1.54mg (10.29%), Selenium: 6.69µg (9.56%), Vitamin E: 1.07mg (7.17%), Vitamin B1: 0.1mg (6.56%), Vitamin A: 285.15IU (5.7%), Vitamin B5: 0.55mg (5.48%), Vitamin B12: 0.3µg (4.96%), Vitamin B6: 0.06mg (3.17%), Folate: 11.01µg (2.75%), Vitamin B3: 0.52mg (2.6%), Vitamin K: 2.34µg (2.23%)