



Cinnamon-Chocolate Chip Ice-cream Balls

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



1016 kcal

SIDE DISH

Ingredients

- ☐ 6 servings caramel syrup
- ☐ 1.5 cups cinnamon-sugar wheat-and-rice cereal whole crushed
- ☐ 0.5 gallon ice cream
- ☐ 0.5 cup semisweet chocolate mini-morsels

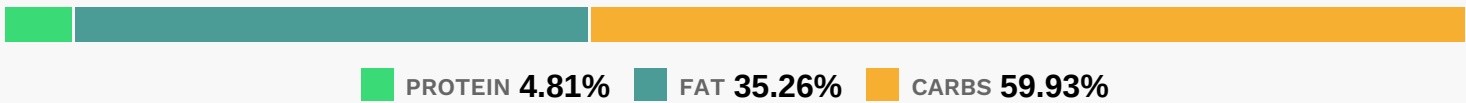
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine crushed cereal, morsels, and, if desired, pecans in a large bowl.
- ☐ Scoop out ice cream, and shape into 6 (3-inch) balls.
- ☐ Roll balls in cereal mixture, coating evenly.
- ☐ Place in a 9-inch square pan; freeze 2 hours or until firm.
- ☐ Drizzle with caramel syrup before serving.
- ☐ Note: For testing purposes only, we used Cinnamon Toast Crunch cereal.

Nutrition Facts



Properties

Glycemic Index:21.85, Glycemic Load:78.97, Inflammation Score:-7, Nutrition Score:15.116956519044%

Nutrients (% of daily need)

Calories: 1016.32kcal (50.82%), Fat: 40.45g (62.23%), Saturated Fat: 24.63g (153.95%), Carbohydrates: 154.69g (51.56%), Net Carbohydrates: 151.32g (55.02%), Sugar: 144.93g (161.03%), Cholesterol: 139.67mg (46.56%), Sodium: 390.72mg (16.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.54mg (4.18%), Protein: 12.42g (24.83%), Vitamin B2: 0.77mg (45.51%), Calcium: 432.92mg (43.29%), Phosphorus: 384.74mg (38.47%), Vitamin A: 1371.34IU (27.43%), Vitamin B12: 1.33µg (22.14%), Potassium: 737.83mg (21.08%), Vitamin B5: 1.94mg (19.4%), Magnesium: 71.83mg (17.96%), Zinc: 2.57mg (17.12%), Fiber: 3.37g (13.5%), Copper: 0.26mg (12.9%), Manganese: 0.24mg (12.02%), Selenium: 7.72µg (11.03%), Vitamin B1: 0.13mg (8.93%), Vitamin B6: 0.16mg (7.82%), Vitamin E: 1.05mg (7.02%), Iron: 1.23mg (6.84%), Vitamin D: 0.63µg (4.21%), Folate: 16.57µg (4.14%), Vitamin C: 2.09mg (2.54%), Vitamin B3: 0.49mg (2.44%), Vitamin K: 2µg (1.9%)