



Decadent Chocolate Ice Cream Cups

READY IN



60 min.

SERVINGS



12

CALORIES



251 kcal

DESSERT

Ingredients

- ☐ 2 teaspoon double-acting baking powder
- ☐ 2 teaspoon baking soda
- ☐ 0.5 cup canola oil
- ☐ 0.8 cup cocoa powder
- ☐ 0.3 cup dairy-free yogurt plain
- ☐ 2 cups flour all-purpose
- ☐ 12 servings dairy-free ice cream for serving your favorite (flavor)
- ☐ 1 cup milk alternative plain
- ☐ 0.3 teaspoon salt

- ☐ 2 cups sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup water boiling

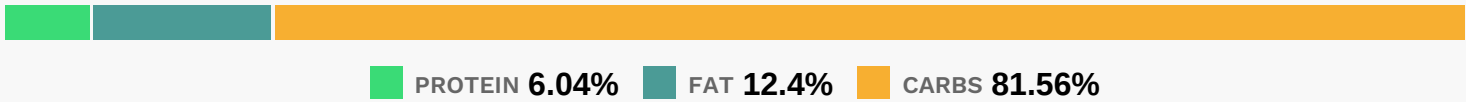
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Spray mini shortcake pan (available at Williams–Sonoma) with nonstick cooking spray.Preheat your oven to 350°F.
- ☐ Combine all ingredients, except the frozen dessert, in bowl of electric mixer.
- ☐ Mix on medium speed until smooth.
- ☐ Pour into prepared pan.
- ☐ Bake for 35 to 45 minutes.Allow to cool completely before removing the shortcakes from pan.Top with frozen dessert and other toppings as desired.

Nutrition Facts



Properties

Glycemic Index:25.71, Glycemic Load:35.35, Inflammation Score:-3, Nutrition Score:6.5786956108135%

Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 251.02kcal (12.55%), Fat: 3.66g (5.63%), Saturated Fat: 0.99g (6.2%), Carbohydrates: 54.21g (18.07%), Net Carbohydrates: 51.64g (18.78%), Sugar: 34.56g (38.4%), Cholesterol: 2.44mg (0.81%), Sodium: 316.3mg (13.75%),

Alcohol: 0.11g (100%), Alcohol %: 0.12% (100%), Caffeine: 12.36mg (4.12%), Protein: 4.02g (8.03%), Manganese: 0.35mg (17.57%), Copper: 0.25mg (12.29%), Selenium: 8.53µg (12.19%), Vitamin B1: 0.18mg (12.15%), Folate: 41.42µg (10.35%), Fiber: 2.57g (10.29%), Iron: 1.83mg (10.16%), Phosphorus: 97.12mg (9.71%), Vitamin B2: 0.16mg (9.43%), Magnesium: 34.26mg (8.57%), Calcium: 82.06mg (8.21%), Vitamin B3: 1.53mg (7.66%), Zinc: 0.61mg (4.09%), Potassium: 142.73mg (4.08%), Vitamin E: 0.48mg (3.19%), Vitamin B12: 0.16µg (2.72%), Vitamin B6: 0.04mg (1.97%), Vitamin D: 0.28µg (1.88%), Vitamin B5: 0.18mg (1.81%), Vitamin K: 1.59µg (1.51%), Vitamin A: 52.26IU (1.05%)