

Easy Chocolate Snow Cream

 **Gluten Free**

READY IN



10 min.

SERVINGS



4

CALORIES



260 kcal

SIDE DISH

Ingredients

- 0.5 cup chocolate syrup to taste
- 2 cups milk
- 8 cups clean snow fresh

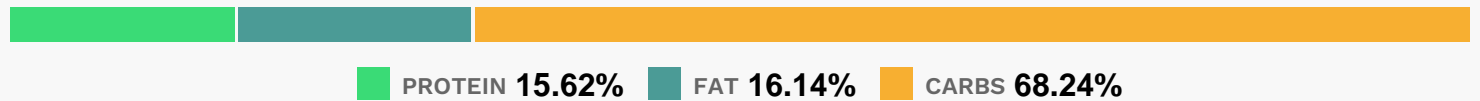
Equipment

- bowl
- whisk

Directions

- Chill a large empty bowl in the freezer.
- Whisk milk and chocolate syrup together in a bowl until well mixed.
- Spoon snow, 1 to 2 cups at a time, into the chilled bowl.
- Drizzle chocolate milk over snow and stir. Continue adding more snow and more chocolate milk until evenly combined.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:2.16, Inflammation Score:-9, Nutrition Score:23.353912913281%

Nutrients (% of daily need)

Calories: 260.14kcal (13.01%), Fat: 4.72g (7.26%), Saturated Fat: 2.54g (15.88%), Carbohydrates: 44.91g (14.97%), Net Carbohydrates: 38.84g (14.12%), Sugar: 32.33g (35.92%), Cholesterol: 14.64mg (4.88%), Sodium: 81.2mg (3.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.28g (20.55%), Vitamin C: 117.68mg (142.64%), Vitamin K: 49.55µg (47.19%), Vitamin A: 2328.16IU (46.56%), Manganese: 0.63mg (31.32%), Phosphorus: 275.48mg (27.55%), Iron: 4.87mg (27.04%), Vitamin B1: 0.37mg (24.38%), Fiber: 6.07g (24.28%), Calcium: 239.59mg (23.96%), Magnesium: 86.06mg (21.51%), Folate: 83.07µg (20.77%), Vitamin B2: 0.34mg (20.23%), Vitamin B6: 0.39mg (19.51%), Vitamin B5: 1.93mg (19.3%), Potassium: 659mg (18.83%), Copper: 0.35mg (17.4%), Vitamin B12: 0.66µg (10.98%), Vitamin D: 1.34µg (8.95%), Zinc: 1.3mg (8.69%), Vitamin B3: 1.42mg (7.12%), Selenium: 4.22µg (6.02%), Vitamin E: 0.83mg (5.55%)