



Fudgy Peanut Butter Ice Cream

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



156 kcal

DESSERT

Ingredients

- 12 ounce evaporated milk fat-free canned
- 1.5 cups milk fat-free
- 1.4 ounce chocolate pudding mix fat-free sugar-free instant
- 3.5 ounce chocolate peanut butter cups sugar-free mini chopped (such as Russell Stover)

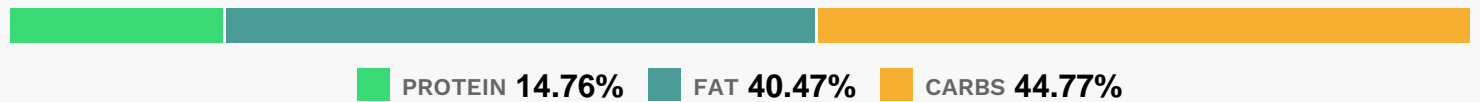
Equipment

- whisk

Directions

- Combine first 3 ingredients, stirring with a whisk until smooth. Stir in chopped candy.
- Pour chocolate mixture into the freezer can of a 2-quart ice-cream freezer; freeze according to manufacturer's instructions. Spoon ice cream into a freezer-safe container; cover and freeze 1 hour or until firm.
- carbo rating: 17

Nutrition Facts



Properties

Glycemic Index:4.16, Glycemic Load:0.75, Inflammation Score:-2, Nutrition Score:4.8278261241706%

Nutrients (% of daily need)

Calories: 155.65kcal (7.78%), Fat: 7.13g (10.97%), Saturated Fat: 3.34g (20.89%), Carbohydrates: 17.75g (5.92%), Net Carbohydrates: 17.12g (6.23%), Sugar: 15.81g (17.57%), Cholesterol: 14.45mg (4.82%), Sodium: 179.08mg (7.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.85g (11.7%), Calcium: 181.9mg (18.19%), Phosphorus: 159.02mg (15.9%), Vitamin B2: 0.21mg (12.41%), Potassium: 259.81mg (7.42%), Magnesium: 25.64mg (6.41%), Vitamin B12: 0.37µg (6.11%), Vitamin B5: 0.51mg (5.13%), Zinc: 0.72mg (4.82%), Vitamin B1: 0.07mg (4.4%), Vitamin A: 202.29IU (4.05%), Vitamin D: 0.55µg (3.65%), Vitamin B3: 0.71mg (3.53%), Selenium: 2.19µg (3.13%), Vitamin B6: 0.06mg (3.05%), Copper: 0.06mg (2.75%), Folate: 10.67µg (2.67%), Fiber: 0.63g (2.5%), Iron: 0.29mg (1.64%), Manganese: 0.02mg (1.11%), Vitamin C: 0.85mg (1.02%)