



Homemade Magic Shell



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



313 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 cup semi-sweet chocolate chips chopped



2 tablespoons vegetable oil

Equipment



bowl

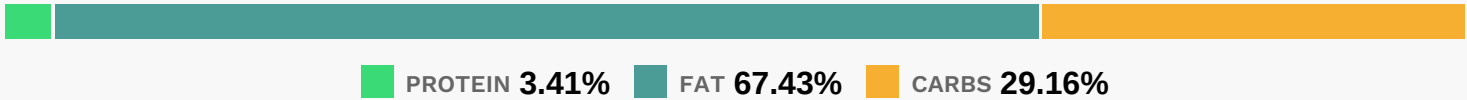


microwave

Directions

- ☐
- Place chocolate in heat proof bowl and microwave until melted, about 60–75 seconds depending on your microwave. Stir until creamy then drizzle in vegetable oil until well combined, shiny and smooth.
- ☐
- Drizzle over ice cream, wait about 60 seconds for sauce to harden and enjoy your homemade magic shell.
- ☐
- Place leftover sauce in airtight container and keep room temperature for 2 days. Microwave for 30 seconds before using again.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:7.2704347216565%

Nutrients (% of daily need)

Calories: 313.42kcal (15.67%), Fat: 23.56g (36.25%), Saturated Fat: 10.68g (66.72%), Carbohydrates: 22.93g (7.64%), Net Carbohydrates: 19.43g (7.07%), Sugar: 16.06g (17.85%), Cholesterol: 2.63mg (0.88%), Sodium: 4.38mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 37.63mg (12.54%), Protein: 2.68g (5.36%), Manganese: 0.58mg (28.98%), Copper: 0.55mg (27.3%), Magnesium: 77mg (19.25%), Iron: 2.77mg (15.37%), Vitamin K: 15.66µg (14.91%), Fiber: 3.5g (14%), Phosphorus: 113.75mg (11.38%), Zinc: 1.16mg (7.73%), Potassium: 248.06mg (7.09%), Vitamin E: 0.81mg (5.43%), Selenium: 3.67µg (5.25%), Calcium: 27.13mg (2.71%), Vitamin B3: 0.37mg (1.83%), Vitamin B12: 0.08µg (1.31%), Vitamin B5: 0.13mg (1.31%), Vitamin B2: 0.02mg (1.26%)