



Hot Cocoa Ice Cream Soda



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



333 kcal

Ingredients

- 0.8 cup club soda
- 1 tablespoon cocoa mix
- 2 scoops ice cream

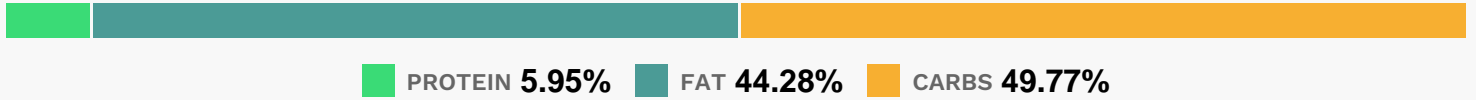
Equipment

Directions

- Place cocoa mix in a tall glass.
- Add 1 tablespoon club soda and stir until smooth.

Pour in an additional 3/4 cup club soda. Taste and add sugar, if desired. Top with ice cream.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:18.44, Inflammation Score:-4, Nutrition Score:5.5852173644563%

Nutrients (% of daily need)

Calories: 333.24kcal (16.66%), Fat: 16.77g (25.8%), Saturated Fat: 10.46g (65.39%), Carbohydrates: 42.4g (14.13%), Net Carbohydrates: 40.88g (14.86%), Sugar: 36.98g (41.09%), Cholesterol: 58.08mg (19.36%), Sodium: 270.36mg (11.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.14%), Calcium: 192.83mg (19.28%), Vitamin B2: 0.32mg (18.64%), Phosphorus: 138.6mg (13.86%), Vitamin A: 557.37IU (11.15%), Vitamin B12: 0.51µg (8.58%), Vitamin B5: 0.77mg (7.67%), Potassium: 266.23mg (7.61%), Zinc: 1.09mg (7.25%), Fiber: 1.52g (6.1%), Magnesium: 20.25mg (5.06%), Vitamin B1: 0.05mg (3.61%), Selenium: 2.38µg (3.39%), Vitamin B6: 0.06mg (3.17%), Vitamin E: 0.4mg (2.64%), Iron: 0.41mg (2.26%), Copper: 0.04mg (2.05%), Vitamin D: 0.26µg (1.76%), Folate: 6.6µg (1.65%)