



Hot Cocoa Vegan Ice Cream



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



135 min.

SERVINGS



1

CALORIES



468 kcal

DESSERT

Ingredients



2 Tablespoons cocoa powder hot (such as Hershey's)



1 cup coconut milk creamer french (Beth used the Vanilla, which added sweetness)



1 Tablespoons sweetener to taste

Equipment

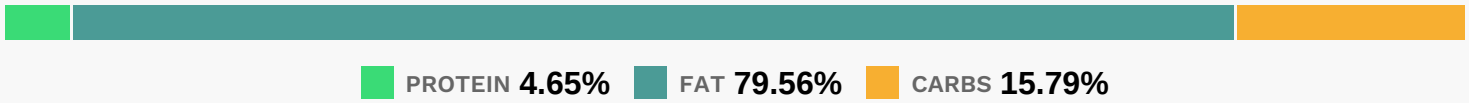


sauce pan

Directions

- ☐
- Combine all ingredients in a saucepan, heating gently to dissolve.
- ☐
- Place in a freezer-safe container for a few hours. It should reach a soft / creamy texture.Stir or blend to combine.

Nutrition Facts



Properties

Glycemic Index:97, Glycemic Load:6.16, Inflammation Score:-6, Nutrition Score:15.100000098672%

Flavonoids

Catechin: 6.48mg, Catechin: 6.48mg, Catechin: 6.48mg, Catechin: 6.48mg Epicatechin: 19.64mg, Epicatechin: 19.64mg, Epicatechin: 19.64mg, Epicatechin: 19.64mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 468.02kcal (23.4%), Fat: 49.58g (76.27%), Saturated Fat: 43.55g (272.22%), Carbohydrates: 22.14g (7.38%), Net Carbohydrates: 10.94g (3.98%), Sugar: 2.67g (2.97%), Cholesterol: 0mg (0%), Sodium: 31.48mg (1.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 23mg (7.67%), Protein: 6.53g (13.05%), Manganese: 2.12mg (105.97%), Iron: 8.85mg (49.16%), Copper: 0.88mg (44.15%), Magnesium: 153.86mg (38.47%), Phosphorus: 290.36mg (29.04%), Potassium: 649.2mg (18.55%), Fiber: 3.7g (14.8%), Zinc: 1.95mg (12.98%), Folate: 34.84µg (8.71%), Vitamin B3: 1.66mg (8.29%), Calcium: 53.48mg (5.35%), Vitamin B1: 0.06mg (3.83%), Vitamin B6: 0.08mg (3.75%), Vitamin B5: 0.37mg (3.71%), Vitamin C: 2.26mg (2.74%), Selenium: 1.43µg (2.04%), Vitamin B2: 0.02mg (1.42%)