

Hot Mint Malt

 Gluten Free

READY IN



130 min.

SERVINGS



6

CALORIES



299 kcal

SIDE DISH

Ingredients

- ☐ 5 cups milk
- ☐ 6 chocolate-covered peppermint patties
- ☐ 1 teaspoon vanilla extract
- ☐ 6 tablespoons non-dairy whipped topping

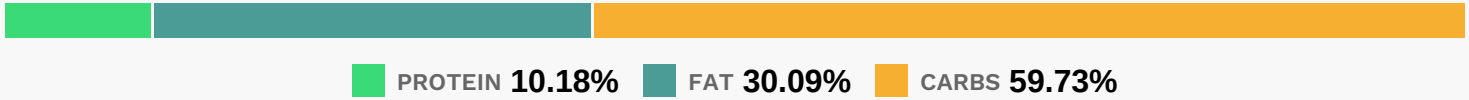
Equipment

- ☐ blender
- ☐ slow cooker

Directions

- ☐ Combine the peppermint patties, milk, and vanilla extract in a slow cooker set to LOW. Cook 2 hours.
- ☐ Transfer the mixture to a blender and blend until frothy.
- ☐ Pour into 6 mugs; top each with 1 tablespoon of whipped topping.

Nutrition Facts



Properties

Glycemic Index:6.33, Glycemic Load:3.61, Inflammation Score:-3, Nutrition Score:7.0313044254385%

Nutrients (% of daily need)

Calories: 299.12kcal (14.96%), Fat: 10.18g (15.66%), Saturated Fat: 6.16g (38.48%), Carbohydrates: 45.47g (15.16%), Net Carbohydrates: 44.61g (16.22%), Sugar: 38.35g (42.61%), Cholesterol: 24.92mg (8.31%), Sodium: 92.61mg (4.03%), Alcohol: 0.23g (100%), Alcohol %: 0.12% (100%), Protein: 7.75g (15.49%), Calcium: 258.1mg (25.81%), Phosphorus: 208.74mg (20.87%), Vitamin B12: 1.11µg (18.45%), Vitamin B2: 0.29mg (16.78%), Vitamin D: 2.24µg (14.91%), Potassium: 358.26mg (10.24%), Vitamin B1: 0.11mg (7.66%), Vitamin B5: 0.76mg (7.59%), Vitamin A: 335.74IU (6.71%), Vitamin B6: 0.13mg (6.26%), Magnesium: 24.8mg (6.2%), Selenium: 3.97µg (5.67%), Zinc: 0.84mg (5.59%), Fiber: 0.86g (3.44%), Iron: 0.4mg (2.23%), Vitamin B3: 0.22mg (1.1%)