



Ice-Cream Tacos



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



657 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 quart ice-cream chocolate shell softened
- ☐ 0.5 cup fudge sauce hot warmed
- ☐ 8 maraschino cherries with stems
- ☐ 0.5 cup marshmallows mini
- ☐ 8 round waffles frozen thawed

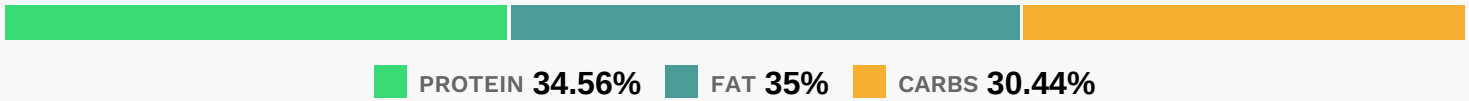
Equipment

- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Warm waffles; do not toast. Gently fold each waffle in half; set in a 13"x9" baking dish, open-side up, keeping the rows tight so taco shape is maintained.
- ☐ Combine ice cream and marshmallows in a large mixing bowl; spoon evenly into waffle shells. Cover and freeze until firm. Before serving, drizzle with warmed hot fudge sauce and top each with a cherry.

Nutrition Facts



Properties

Glycemic Index:13.81, Glycemic Load:17.5, Inflammation Score:-6, Nutrition Score:32.163478032402%

Nutrients (% of daily need)

Calories: 656.6kcal (32.83%), Fat: 25.52g (39.27%), Saturated Fat: 12.5g (78.15%), Carbohydrates: 49.95g (16.65%), Net Carbohydrates: 47.84g (17.39%), Sugar: 40.4g (44.89%), Cholesterol: 182.79mg (60.93%), Sodium: 287.16mg (12.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.88mg (1.63%), Protein: 56.72g (113.43%), Selenium: 68.09µg (97.28%), Vitamin B3: 15.91mg (79.57%), Vitamin B6: 1.57mg (78.72%), Vitamin B12: 4.63µg (77.1%), Zinc: 10.55mg (70.36%), Phosphorus: 647.12mg (64.71%), Vitamin B2: 0.62mg (36.19%), Iron: 6.17mg (34.26%), Potassium: 1145.24mg (32.72%), Magnesium: 100.19mg (25.05%), Copper: 0.46mg (23.21%), Vitamin B5: 2.21mg (22.06%), Calcium: 186.24mg (18.62%), Vitamin B1: 0.27mg (18.06%), Manganese: 0.27mg (13.43%), Folate: 49.1µg (12.27%), Vitamin E: 1.54mg (10.23%), Vitamin A: 494.73IU (9.89%), Fiber: 2.1lg (8.46%), Vitamin K: 3.62µg (3.44%), Vitamin D: 0.46µg (3.08%), Vitamin C: 0.87mg (1.05%)