



Kit Kat Slush

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



159 kcal

Ingredients

- 1.1 ounce chocolate-covered wafer bars crispy chopped (such as Kit Kat)
- 1 cup ice-cream chocolate shell low-fat
- 1 cup chocolate milk 1% low-fat

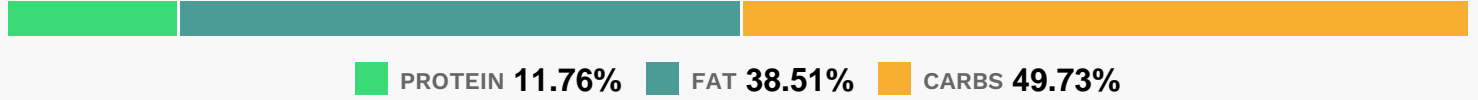
Equipment

- bowl
- blender

Directions

- Combine the milk and ice cream in a blender; process just until smooth.
- Pour into a bowl; cover and freeze 3 hours or until frozen. Stir with a fork until slushy, and stir in wafer bars.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:2.63, Inflammation Score:-3, Nutrition Score:5.3100000516228%

Nutrients (% of daily need)

Calories: 158.53kcal (7.93%), Fat: 6.81g (10.48%), Saturated Fat: 3.99g (24.96%), Carbohydrates: 19.78g (6.59%), Net Carbohydrates: 18.55g (6.75%), Sugar: 17.5g (19.45%), Cholesterol: 14mg (4.67%), Sodium: 69.19mg (3.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.74mg (2.58%), Protein: 4.68g (9.36%), Calcium: 146.84mg (14.68%), Vitamin B2: 0.21mg (12.33%), Manganese: 0.24mg (12.06%), Phosphorus: 115.99mg (11.6%), Copper: 0.2mg (9.84%), Magnesium: 33.82mg (8.46%), Iron: 1.35mg (7.5%), Potassium: 228.86mg (6.54%), Vitamin A: 287.1IU (5.74%), Fiber: 1.23g (4.93%), Vitamin D: 0.73µg (4.84%), Zinc: 0.69mg (4.63%), Selenium: 2.56µg (3.66%), Vitamin B12: 0.22µg (3.65%), Vitamin B5: 0.32mg (3.15%), Vitamin B6: 0.04mg (2.06%), Vitamin B1: 0.03mg (2.05%), Vitamin B3: 0.21mg (1.05%)