



Malted Chocolate Ice Cream

READY IN



45 min.

SERVINGS



8

CALORIES



176 kcal

DESSERT

Ingredients

- ☐ 4 cups chocolate ice cream low-fat
- ☐ 1 cup malted milk balls crushed
- ☐ 0.5 cup liquid malt extract

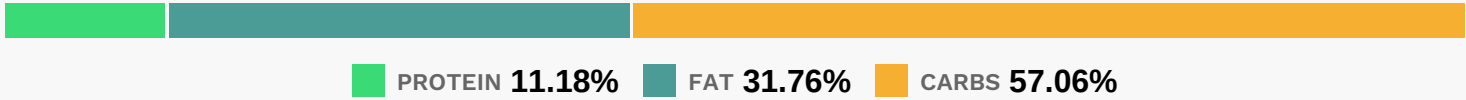
Equipment

- ☐ bowl
- ☐ stand mixer
- ☐ spatula

Directions

- ☐ Place a large bowl in freezer.
- ☐ Let ice cream stand at room temperature 45 minutes or until softened.
- ☐ With a rubber spatula or stand mixer, combine softened ice cream, milk balls, and milk powder in chilled bowl. Cover; freeze to desired consistency.

Nutrition Facts



Properties

Glycemic Index:2.63, Glycemic Load:3.97, Inflammation Score:-3, Nutrition Score:4.0404347673706%

Nutrients (% of daily need)

Calories: 175.56kcal (8.78%), Fat: 6.21g (9.55%), Saturated Fat: 3.7g (23.13%), Carbohydrates: 25.1g (8.37%), Net Carbohydrates: 24.48g (8.9%), Sugar: 22.49g (24.99%), Cholesterol: 23.16mg (7.72%), Sodium: 85.6mg (3.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.92g (9.83%), Calcium: 144.12mg (14.41%), Vitamin B2: 0.17mg (9.99%), Phosphorus: 91.05mg (9.1%), Vitamin A: 340.5IU (6.81%), Magnesium: 22.47mg (5.62%), Potassium: 188.42mg (5.38%), Manganese: 0.1mg (4.76%), Copper: 0.09mg (4.7%), Selenium: 2.95µg (4.22%), Vitamin B1: 0.06mg (3.8%), Iron: 0.58mg (3.22%), Vitamin B12: 0.17µg (2.81%), Zinc: 0.4mg (2.69%), Vitamin B3: 0.51mg (2.53%), Vitamin B6: 0.05mg (2.48%), Fiber: 0.62g (2.46%), Vitamin B5: 0.24mg (2.36%), Folate: 6.63µg (1.66%), Vitamin C: 1.14mg (1.38%), Vitamin E: 0.18mg (1.2%)