



Malted Marshmallow White Chocolate Royale

READY IN



20 min.

SERVINGS



4

CALORIES



694 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounce bar chocolate white chopped
- ☐ 1.5 cups heavy whipping cream
- ☐ 1 cup liquid malt extract
- ☐ 0.3 cup marshmallow crème
- ☐ 1 tablespoon vanilla extract
- ☐ 4 servings whipped cream for topping
- ☐ 1.5 cups milk whole

Equipment

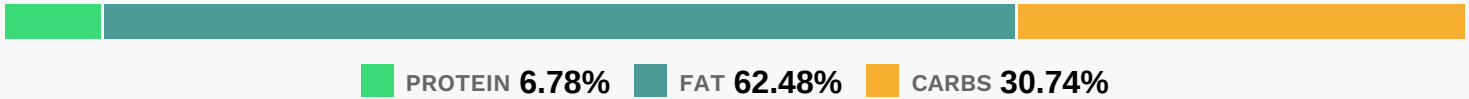
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sauce pan

Directions

- ☐ In a medium saucepan, combine all ingredients, except vanilla extract and whipped cream, and cook over medium–low heat, stirring constantly, until chocolate has melted.
- ☐ Add vanilla extract. Reduce heat to low and keep warm. When ready to serve, top each serving with whipped cream.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:13.74, Inflammation Score:-7, Nutrition Score:13.160869555629%

Nutrients (% of daily need)

Calories: 694.13kcal (34.71%), Fat: 48.56g (74.7%), Saturated Fat: 30.05g (187.8%), Carbohydrates: 53.75g (17.92%), Net Carbohydrates: 53.66g (19.51%), Sugar: 44.39g (49.32%), Cholesterol: 129.85mg (43.28%), Sodium: 211.72mg (9.21%), Alcohol: 1.12g (100%), Alcohol %: 0.55% (100%), Protein: 11.86g (23.72%), Vitamin B2: 0.67mg (39.32%), Calcium: 327.41mg (32.74%), Vitamin A: 1579.81IU (31.6%), Phosphorus: 311.49mg (31.15%), Vitamin B12: 1.06µg (17.72%), Vitamin B1: 0.25mg (16.49%), Vitamin D: 2.46µg (16.39%), Potassium: 553.62mg (15.82%), Selenium: 10.9µg (15.57%), Magnesium: 50.74mg (12.69%), Vitamin B6: 0.23mg (11.72%), Vitamin B3: 2.02mg (10.11%), Vitamin B5: 0.96mg (9.56%), Vitamin E: 1.29mg (8.6%), Zinc: 1.13mg (7.56%), Vitamin K: 7.51µg (7.15%), Folate: 20.11µg (5.03%), Copper: 0.09mg (4.66%), Manganese: 0.09mg (4.42%), Iron: 0.38mg (2.13%), Vitamin C: 1.58mg (1.92%)