



Malted Milk Ball Ice Cream Pie

READY IN



360 min.

SERVINGS



12

CALORIES



509 kcal

DESSERT

Ingredients

- ☐ 12 servings chocolate wafers such as nabisco famous with removable sides
- ☐ 3 tablespoons dutch-processed cocoa powder
- ☐ 3.5 cups malted milk balls divided
- ☐ 1.5 cups liquid malt extract
- ☐ 6 ounces bittersweet chocolate chopped
- ☐ 1.8 qts whipped cream softened
- ☐ 1 cup whipping cream divided

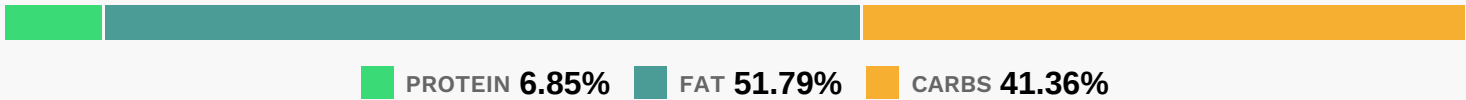
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ plastic wrap

Directions

- ☐ Arrange a tight layer of malted milk balls (3 cups) over crust. Stir ice cream with cocoa powder and malted milk powder until smooth. Spoon into crust, set on a plate, and freeze 5 hours.
- ☐ Heat 1/2 cup cream meanwhile until simmering. Put chocolate in a small metal bowl, pour in cream, and let sit until chocolate is melted, about 2 minutes. Stir until smooth.
- ☐ Let cool completely.
- ☐ Smooth chocolate ganache over top of pie and freeze until set, about 15 minutes.
- ☐ Whip remaining 1/2 cup cream and swirl onto pie. Chop some malted milk balls and drop onto pie; add a few whole balls.
- ☐ Remove rim and serve immediately.
- ☐ *Malted milk powder is made from milk, barley malt, and wheat; don't confuse it with Ovaltine, which has other ingredients added. Find it next to the chocolate milk powder in well-stocked grocery stores.
- ☐ Let the pie soften for 5 minutes at room temp to make slicing easier.
- ☐ If you're having trouble freeing your pie from its pan, set it over a bowl of hot water for a couple of minutes and then slide a thin knife between the pan edge and the crust. It should pop right out.
- ☐ Make ahead: Once the pie is fully frozen through step 3, it keeps for up to 4 days, double-wrapped in plastic wrap. Top it just before serving.

Nutrition Facts



Properties

Glycemic Index:9.21, Glycemic Load:19.62, Inflammation Score:-6, Nutrition Score:11.379130394562%

Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 509.24kcal (25.46%), Fat: 29.57g (45.5%), Saturated Fat: 17.94g (112.14%), Carbohydrates: 53.14g (17.71%), Net Carbohydrates: 50.53g (18.37%), Sugar: 42.88g (47.64%), Cholesterol: 87.76mg (29.25%), Sodium: 186.52mg (8.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 15.17mg (5.06%), Protein: 8.8g (17.61%), Vitamin B2: 0.52mg (30.88%), Phosphorus: 259.7mg (25.97%), Calcium: 247mg (24.7%), Vitamin A: 914.78IU (18.3%), Magnesium: 66.96mg (16.74%), Copper: 0.29mg (14.7%), Potassium: 513.39mg (14.67%), Manganese: 0.29mg (14.55%), Vitamin B12: 0.72µg (12.02%), Zinc: 1.63mg (10.84%), Fiber: 2.61g (10.45%), Selenium: 7.07µg (10.1%), Vitamin B5: 1mg (9.99%), Vitamin B1: 0.15mg (9.8%), Iron: 1.36mg (7.57%), Vitamin B6: 0.14mg (7.2%), Vitamin B3: 1.17mg (5.84%), Vitamin E: 0.74mg (4.97%), Vitamin D: 0.59µg (3.96%), Folate: 15.75µg (3.94%), Vitamin K: 2.97µg (2.83%), Vitamin C: 1.4mg (1.7%)