



Mexican Chocolate Ice

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



100 kcal

SIDE DISH

Ingredients

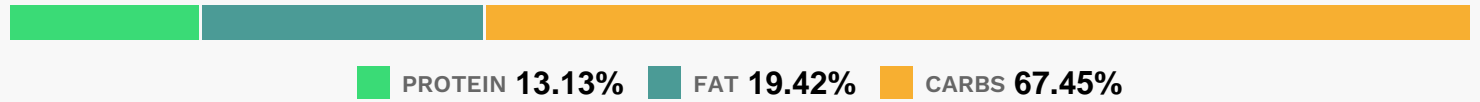
- 0.3 cup chocolate syrup
- 0.4 teaspoon ground cinnamon
- 0.1 teaspoon ground pepper red
- 2 cups soy milk light
- 0.5 teaspoon vanilla extract

Equipment

Directions

- Combine all ingredients in the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon ice into a freezer-safe container; cover and freeze 2 hours or until firm. Scoop into dessert dishes, and garnish with chocolate curls and cinnamon sticks, if desired.

Nutrition Facts



Properties

Glycemic Index:14.08, Glycemic Load:0.97, Inflammation Score:0, Nutrition Score:7.0847825903607%

Nutrients (% of daily need)

Calories: 99.93kcal (5%), Fat: 2.11g (3.24%), Saturated Fat: 0.3g (1.87%), Carbohydrates: 16.48g (5.49%), Net Carbohydrates: 15.49g (5.63%), Sugar: 12.37g (13.75%), Cholesterol: 0mg (0%), Sodium: 61.66mg (2.68%), Alcohol: 0.14g (100%), Alcohol %: 0.15% (100%), Protein: 3.21g (6.41%), Vitamin B12: 1.02µg (16.99%), Vitamin E: 2.39mg (15.91%), Vitamin B3: 3.18mg (15.88%), Calcium: 136.73mg (13.67%), Vitamin B2: 0.2mg (11.67%), Vitamin B6: 0.22mg (11.08%), Copper: 0.22mg (11%), Vitamin C: 6.84mg (8.29%), Folate: 30.63µg (7.66%), Vitamin D: 1.13µg (7.55%), Vitamin A: 371.71IU (7.43%), Manganese: 0.11mg (5.49%), Potassium: 179.81mg (5.14%), Iron: 0.9mg (5.01%), Vitamin B1: 0.06mg (4.03%), Fiber: 0.99g (3.96%), Selenium: 2.46µg (3.51%), Magnesium: 13.22mg (3.31%), Phosphorus: 26mg (2.6%), Zinc: 0.38mg (2.51%)