

Milkie Way Malt

READY IN



10 min.

SERVINGS



2

CALORIES



904 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon mrs richardson's butterscotch caramel sauce for drizzling
- ☐ 2 servings chocolate syrup
- ☐ 1 balls liquid malt extract crushed
- ☐ 1 tablespoon liquid malt extract
- ☐ 1 tablespoon milk chocolate chips
- ☐ 2.5 cups vanilla pod
- ☐ 0.3 cup milk whole

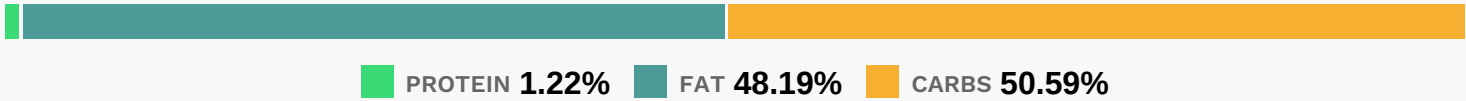
Equipment

☐ blender

Directions

- ☐ Place two 8-ounce glasses in freezer to chill.
- ☐ Combine first 4 ingredients and 1 tablespoon caramel sauce in blender; process on high speed until thick and smooth, about 30 seconds.
- ☐ Squirt chocolate syrup and caramel sauce into both glasses; split malt mixture between glasses. Top with malted milk balls.
- ☐ One serving contains the following: Calories (kcal) 499.86, % Calories from Fat 42.4, Fat (g) 23.57, Saturated Fat (g) 14.27, Cholesterol (mg) 80.28, Carbohydrates (g) 66.67, Dietary Fiber (g) 1.56, Total Sugars (g) 55.34, Net Carbs (g) 65.11, Protein (g) 9.20
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:0.72, Inflammation Score:-1, Nutrition Score:4.012173888476%

Nutrients (% of daily need)

Calories: 903.99kcal (45.2%), Fat: 48.57g (74.72%), Saturated Fat: 2.46g (15.36%), Carbohydrates: 114.71g (38.24%), Net Carbohydrates: 113.67g (41.33%), Sugar: 33.35g (37.05%), Cholesterol: 5.66mg (1.89%), Sodium: 91.52mg (3.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.52%), Phosphorus: 108.21mg (10.82%), Copper: 0.21mg (10.59%), Magnesium: 34.4mg (8.6%), Manganese: 0.17mg (8.36%), Calcium: 75.56mg (7.56%), Vitamin B2: 0.11mg (6.24%), Potassium: 203.26mg (5.81%), Iron: 0.87mg (4.82%), Vitamin B12: 0.26µg (4.39%), Fiber: 1.04g (4.17%), Zinc: 0.49mg (3.27%), Vitamin D: 0.45µg (2.98%), Vitamin B1: 0.04mg (2.85%), Selenium: 2µg (2.85%), Vitamin B6: 0.04mg (2.03%), Vitamin B5: 0.19mg (1.93%), Vitamin B3: 0.34mg (1.71%), Vitamin A: 82.16IU (1.64%)