



Peppermint Ice Cream Trifle

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



362 kcal

DESSERT

Ingredients

- ☐ 4 candy canes mini
- ☐ 4 ounces chocolate dark
- ☐ 4 tablespoons evaporated milk fat-free
- ☐ 8 drops drop natural food coloring green
- ☐ 0.5 teaspoon peppermint extract pure
- ☐ 2.5 cups whipped cream

Equipment

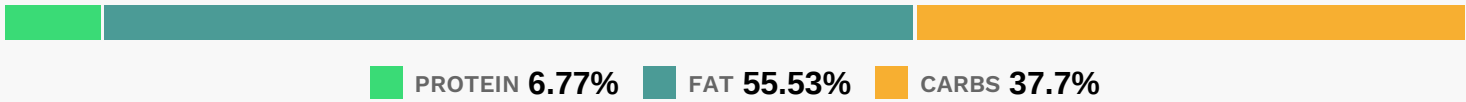
- ☐ bowl

☐ microwave

Directions

- ☐ In a chilled metal bowl, mix ice cream,peppermint extract and food coloring. Refreezeice cream at least 2 hours or up to 3 days. Ina microwave–safe bowl, microwave chocolateand milk in 10–second intervals, stirring aftereach interval, until chocolate melts. Chillchocolate sauce until ready to use (up to3 days); to reheat, microwave for 10 seconds.
- ☐ Pour half of chocolate sauce evenly amongfour 5–ounce serving glasses; scoop one quarterof ice cream into each glass; pour remaininghalf of chocolate sauce over ice cream.
- ☐ Garnishwith pizzelle halves and candy canes; serve.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:13.81, Inflammation Score:-5, Nutrition Score:9.9069565612337%

Nutrients (% of daily need)

Calories: 362kcal (18.1%), Fat: 22.29g (34.3%), Saturated Fat: 13.23g (82.71%), Carbohydrates: 34.05g (11.35%), Net Carbohydrates: 30.38g (11.05%), Sugar: 25.86g (28.73%), Cholesterol: 41.5mg (13.83%), Sodium: 87.61mg (3.81%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Caffeine: 22.68mg (7.56%), Protein: 6.12g (12.24%), Manganese: 0.56mg (28.04%), Copper: 0.52mg (26.12%), Phosphorus: 204.42mg (20.44%), Magnesium: 79.85mg (19.96%), Iron: 3.48mg (19.32%), Calcium: 165.5mg (16.55%), Vitamin B2: 0.27mg (15.76%), Fiber: 3.67g (14.67%), Potassium: 413.06mg (11.8%), Zinc: 1.62mg (10.82%), Vitamin A: 394.23IU (7.88%), Vitamin B12: 0.43µg (7.09%), Vitamin B5: 0.69mg (6.94%), Selenium: 3.76µg (5.37%), Vitamin B1: 0.05mg (3.37%), Vitamin E: 0.44mg (2.93%), Vitamin B6: 0.06mg (2.9%), Vitamin K: 2.41µg (2.29%), Vitamin B3: 0.43mg (2.13%), Folate: 5.32µg (1.33%), Vitamin D: 0.18µg (1.2%)