



Rocky Road Ice Cream

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



156 kcal

DESSERT

Ingredients

- ☐ 0.3 cup roasted peanuts unsalted dry coarsely chopped
- ☐ 3.9 ounce chocolate pudding mix instant
- ☐ 0.8 cup marshmallows miniature
- ☐ 0.5 cup semisweet chocolate mini-morsels
- ☐ 1 cup skim milk
- ☐ 12 ounce evaporated skimmed milk canned
- ☐ 2 tablespoons sugar

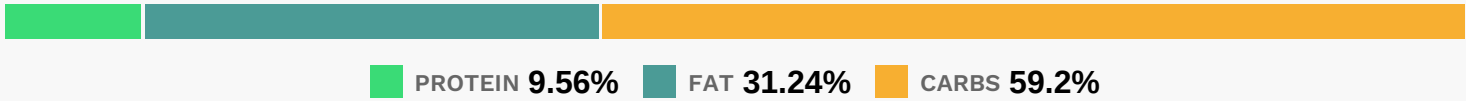
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine pudding mix and sugar in a large bowl. Gradually add skim milk and evaporated milk, stirring with a wire whisk until smooth. Stir in marshmallows, chocolate morsels, and peanuts.
- ☐ Pour chocolate mixture into freezer can of a 2-quart hand-turned or electric freezer. Freeze according to manufacturer's instructions. Pack freezer with additional ice and rock salt, and let stand at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:19.71, Glycemic Load:4.47, Inflammation Score:-2, Nutrition Score:4.6078261137009%

Nutrients (% of daily need)

Calories: 155.53kcal (7.78%), Fat: 5.49g (8.44%), Saturated Fat: 2.34g (14.62%), Carbohydrates: 23.4g (7.8%), Net Carbohydrates: 21.99g (8%), Sugar: 18.41g (20.45%), Cholesterol: 2.28mg (0.76%), Sodium: 201.26mg (8.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 8.3mg (2.77%), Protein: 3.78g (7.56%), Manganese: 0.24mg (11.84%), Phosphorus: 107.24mg (10.72%), Calcium: 86.31mg (8.63%), Magnesium: 34.15mg (8.54%), Copper: 0.17mg (8.47%), Vitamin B12: 0.36µg (5.92%), Fiber: 1.42g (5.67%), Potassium: 197.44mg (5.64%), Vitamin B2: 0.09mg (5.58%), Zinc: 0.67mg (4.46%), Vitamin D: 0.64µg (4.29%), Iron: 0.76mg (4.25%), Selenium: 2.61µg (3.73%), Vitamin B3: 0.71mg (3.56%), Vitamin B5: 0.29mg (2.9%), Vitamin B1: 0.04mg (2.83%), Vitamin B6: 0.06mg (2.79%), Vitamin A: 123.75IU (2.48%), Vitamin E: 0.24mg (1.63%), Folate: 5.18µg (1.29%)