



## Stout Chocolate Malt

READY IN



5 min.

SERVINGS



4

CALORIES



220 kcal

BEVERAGE

DRINK

### Ingredients

- 0.5 cup beer such as barney flats oatmeal stout
- 2.5 cups ice-cream chocolate shell
- 5 tablespoons liquid malt extract

### Equipment

- blender

### Directions

Place the ice cream, beer, and malted milk powder in a blender and blend until smooth and combined.

Serve immediately.

## Nutrition Facts

**PROTEIN 7.68%** **FAT 39.55%** **CARBS 52.77%**

### Properties

Glycemic Index:22.63, Glycemic Load:11.56, Inflammation Score:-4, Nutrition Score:5.2582608720531%

### Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

### Nutrients (% of daily need)

Calories: 220.31kcal (11.02%), Fat: 9.73g (14.97%), Saturated Fat: 5.94g (37.11%), Carbohydrates: 29.21g (9.74%), Net Carbohydrates: 28.21g (10.26%), Sugar: 24.23g (26.92%), Cholesterol: 29.7mg (9.9%), Sodium: 91.72mg (3.99%), Alcohol: 1.15g (100%), Alcohol %: 1.23% (100%), Protein: 4.25g (8.51%), Vitamin B2: 0.23mg (13.57%), Phosphorus: 117.02mg (11.7%), Calcium: 111.59mg (11.16%), Magnesium: 32.09mg (8.02%), Potassium: 265.5mg (7.59%), Vitamin A: 358.6IU (7.17%), Manganese: 0.13mg (6.71%), Copper: 0.13mg (6.33%), Vitamin B5: 0.51mg (5.12%), Vitamin B12: 0.3µg (5%), Selenium: 3.37µg (4.81%), Vitamin B1: 0.07mg (4.72%), Iron: 0.82mg (4.56%), Folate: 18.13µg (4.53%), Vitamin B6: 0.09mg (4.36%), Fiber: 1g (3.99%), Zinc: 0.55mg (3.66%), Vitamin B3: 0.7mg (3.49%), Vitamin E: 0.27mg (1.82%), Vitamin D: 0.17µg (1.1%)