



Toasted Almond Ice Cream Balls

 Gluten Free

READY IN



25 min.

SERVINGS



5

CALORIES



1056 kcal

DESSERT

Ingredients

- 1 cup almonds toasted chopped
- 0.3 cup butter cubed
- 2 cups powdered sugar
- 12 ounces evaporated milk canned
- 0.7 cup semi chocolate chips
- 1 quart whipped cream french

Equipment

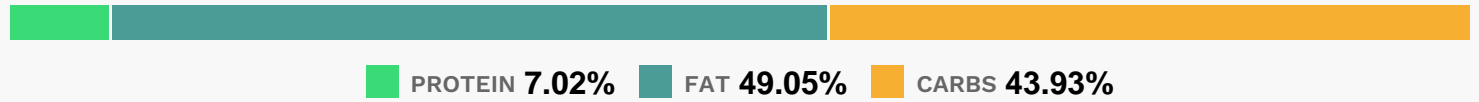
- baking sheet

- sauce pan
- ice cream scoop

Directions

- Place almonds in a shallow dish. Using an ice cream scoop, shape ice cream into balls.
- Roll each in almonds until well coated.
- Place on a waxed paper-lined baking sheet; cover and freeze.
- For sauce, combine the milk, chocolate chips and butter in a saucepan. Cook and stir over low heat until melted and smooth.
- Add sugar; bring to a boil. Reduce heat. Simmer for 8-10 minutes or until thickened, stirring frequently.
- Serve hot or cold over ice cream balls.

Nutrition Facts



Properties

Glycemic Index:24.2, Glycemic Load:26.7, Inflammation Score:-8, Nutrition Score:23.976087197014%

Flavonoids

Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 1056.3kcal (52.81%), Fat: 58.63g (90.21%), Saturated Fat: 28.18g (176.15%), Carbohydrates: 118.17g (39.39%), Net Carbohydrates: 111.35g (40.49%), Sugar: 103.96g (115.51%), Cholesterol: 128.85mg (42.95%), Sodium: 300.16mg (13.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 20.64mg (6.88%), Protein: 18.89g (37.77%), Vitamin B2: 1.02mg (60%), Vitamin E: 8.4mg (56.02%), Phosphorus: 539.54mg (53.95%), Calcium: 514.87mg (51.49%), Manganese: 0.99mg (49.63%), Magnesium: 162.51mg (40.63%), Copper: 0.65mg (32.59%), Fiber: 6.82g (27.28%), Potassium: 932.21mg (26.63%), Vitamin A: 1255.36IU (25.11%), Zinc: 3.37mg (22.49%), Vitamin

B5: 1.75mg (17.52%), Iron: 2.91mg (16.16%), Vitamin B12: 0.91µg (15.16%), Selenium: 8.56µg (12.23%), Vitamin B1: 0.18mg (11.76%), Vitamin B6: 0.17mg (8.63%), Vitamin B3: 1.59mg (7.96%), Folate: 27.83µg (6.96%), Vitamin K: 3.5µg (3.33%), Vitamin D: 0.45µg (2.98%), Vitamin C: 2.43mg (2.94%)