



Triple Chocolate Slush

 Gluten Free

READY IN



18 min.

SERVINGS



15

CALORIES



214 kcal

DESSERT

Ingredients

- ☐ 15 servings chocolate syrup
- ☐ 1 cup ice cubes
- ☐ 1 cup milk
- ☐ 2 ounces bittersweet chocolate chopped
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 2 cups premium vanilla ice cream
- ☐ 15 servings garnishes: whipped cream shaved

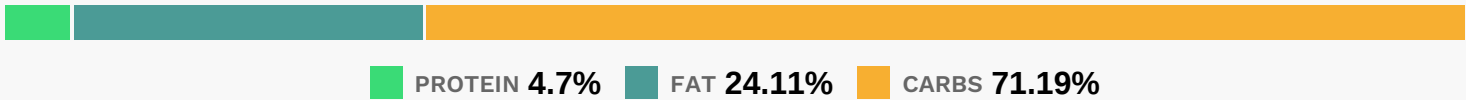
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ blender

Directions

- ☐ Combine milk and sugar in a small saucepan, and cook over medium heat, stirring often, 3 minutes or until sugar dissolves.
- ☐ Remove pan from heat, and add chocolate and cocoa powder.
- ☐ Let stand 5 minutes; whisk until smooth.
- ☐ Let cool to room temperature, about 30 minutes.
- ☐ Combine ice cubes, milk mixture, and ice cream in a blender, and process until smooth and slushy.
- ☐ Pour chocolate syrup down the insides of 4 glasses; pour in iced chocolate.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:14.94, Glycemic Load:6.26, Inflammation Score:-2, Nutrition Score:4.3195651989916%

Flavonoids

Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epicatechin: 1.31mg, Epicatechin: 1.31mg, Epicatechin: 1.31mg, Epicatechin: 1.31mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 213.73kcal (10.69%), Fat: 5.8g (8.92%), Saturated Fat: 3.42g (21.39%), Carbohydrates: 38.5g (12.83%), Net Carbohydrates: 36.78g (13.38%), Sugar: 30.69g (34.1%), Cholesterol: 14.48mg (4.83%), Sodium: 50.89mg (2.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 7.18mg (2.39%), Protein: 2.54g (5.09%), Copper: 0.28mg

(14.24%), Manganese: 0.23mg (11.54%), Phosphorus: 106.57mg (10.66%), Magnesium: 41.21mg (10.3%), Fiber: 1.71g (6.85%), Iron: 1.2mg (6.65%), Calcium: 57.91mg (5.79%), Vitamin B2: 0.09mg (5.46%), Potassium: 189.5mg (5.41%), Zinc: 0.65mg (4.33%), Vitamin B12: 0.18µg (3.01%), Vitamin A: 143.44IU (2.87%), Selenium: 1.71µg (2.44%), Vitamin B5: 0.2mg (1.99%), Vitamin D: 0.24µg (1.59%), Vitamin B1: 0.02mg (1.59%), Vitamin B6: 0.03mg (1.27%), Vitamin B3: 0.22mg (1.08%)