



Healthdor

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## Medium Vanilla Malt <sup>••</sup>

A delicious vanilla malt recipe that is perfect for a mid-sized serving.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 5 mins

**Total Time:** 15 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 2

**Serving Size:** 100 g

### Ingredients

<b>150 g</b>	vanilla ice cream
<b>200 ml</b>	Milk
<b>2 tsp</b>	vanilla extract
<b>2 tbsp</b>	malt powder

### Directions

## Step 1

Blender

Add vanilla ice cream, milk, vanilla extract, and malt powder to a blender.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Blender

Blend until smooth and creamy.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 3

Pour into glasses and serve.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 300 kcal

**Fat:** 10 g

**Protein:** 8 g

**Carbohydrates:** 40 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	1 g	2.63%	4%
Sugars	30 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	10 g	35.71%	40%
Cholesterol	30 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	20 mg	2%	2%
Iron	2 mg	25%	11.11%
Potassium	300 mg	8.82%	11.54%
Zinc	2 mg	18.18%	25%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Events

Christmas Easter Barbecue

### Meal Type

Breakfast Brunch Lunch Snack Supper

### Course

Appetizers Drinks Snacks

### Cultural

Chinese New Year

### Demographics

Pregnancy Safe Lactation Friendly Diabetic Friendly Heart Healthy

### Diet

The Whole30 Diet Vegetarian Diet Vegan Diet The Pritikin Diet

The Starch Solution Diet

### Difficulty Level

Medium

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