



Healthdor

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Chocolate Cooler ♦

A refreshing milk chocolate cooler without whip cream.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 500 grams

Number of Servings: 2

Serving Size: 250 g

Ingredients

100 g Milk Chocolate

Directions

Step 1

Microwaving

Melt the milk chocolate.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Pour the melted chocolate into glasses.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Refrigerating

Refrigerate the glasses for 2 hours.

Prep Time: 0 mins

Cook Time: 120 mins

Step 4

Serving

Serve chilled.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 500 kcal

Fat: 30 g

Protein: 5 g

Carbohydrates: 50 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Sugars	45 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	20 g	90.91%	117.65%
Fat	30 g	107.14%	120%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	150 mg	15%	15%
Iron	2 mg	25%	11.11%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	200 mg	5.88%	7.69%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Back to School Barbecue

Course

Snacks Sauces & Dressings Drinks Desserts

Cultural

Chinese New Year

Kitchen Tools

Slow Cooker Blender

Nutritional Content

High Protein Low Fat Low Carb Low Sodium

Meal Type

Lunch Snack Supper

Difficulty Level

Medium

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