



Healthdor

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## Small Hot Fudge Malt ♦♦

A delicious and indulgent malt made with hot fudge sauce.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 1

**Serving Size:** 200 g

### Ingredients

2 c	Milk
4 scoops	vanilla ice cream
4 tbsp	hot fudge sauce
2 tbsp	malted milk powder
1 dollop	whipped cream
1 piece	maraschino cherry

# Directions

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## Step 1

Blender

In a blender, combine milk, vanilla ice cream, hot fudge sauce, and malted milk powder.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Blender

Blend until smooth and creamy.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 3

Pour into a glass and top with whipped cream.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

Garnish with a maraschino cherry.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 400 kcal

**Fat:** 15 g

**Protein:** 10 g

**Carbohydrates:** 50 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	2 g	5.26%	8%
Sugars	40 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	15 g	53.57%	60%
Cholesterol	40 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	2 mg	153.85%	153.85%
Vitamin B12	15 mcg	625%	625%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	10 mcg	66.67%	66.67%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	30 mg	3%	3%
Iron	6 mg	75%	33.33%
Potassium	400 mg	11.76%	15.38%
Zinc	6 mg	54.55%	75%
Selenium	8 mcg	14.55%	14.55%

## Recipe Attributes

### Events

Christmas

Thanksgiving

Barbecue

### Course

Desserts

Drinks

Breads

Snacks

Sauces & Dressings

### Meal Type

Lunch

Snack

### Difficulty Level

Easy

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