



Healthdor

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Paleo Magic Shell ♦♦

Paleo Magic Shell is a delicious topping for ice cream that hardens when poured over cold ice cream. It's made with natural ingredients and is perfect for those following a paleo diet.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: 5 mins

Total Time: 10 mins

Recipe Yield: 100 grams

Number of Servings: 10

Serving Size: 10 g

Ingredients

100 g	Coconut oil
50 g	cacao powder
50 g	Maple syrup
1 tsp	vanilla extract
1 tsp	sea salt

Directions

Step 1

Stove

In a small saucepan, melt the coconut oil over low heat.

Prep Time: 2 mins

Cook Time: 2 mins

Step 2

Once melted, remove from heat and stir in the cacao powder, maple syrup, vanilla extract, and sea salt until well combined.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Cooling

Let the mixture cool for a few minutes before pouring over ice cream.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 100 kcal

Fat: 14 g

Protein: 1 g

Carbohydrates: 4 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	4 g	7.27%	8%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	14 g	50%	56%
Cholesterol	0 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	0 mg	0%	0%
Iron	2 mg	25%	11.11%

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

Recipe Attributes

Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

Game Day

Cuisines

Italian

Chinese

Meal Type

Snack

Supper

Difficulty Level

Easy

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