

Swedish Ischoklad (Ice Chocolate)

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/swedish-ischoklad-recipe>

Ingredients:

- 7 ounces chocolate I used milk
- 3 1/2 ounces coconut fat or oil
- nuts for sprinkling, optional

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 42 grams
3. Fat: 7 grams
4. Fiber: 2 grams
5. Protein: 3 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 15 milligrams
8. Sugar: 32 grams

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