



Black and White Stout Milkshake

READY IN



20 min.

SERVINGS



4

CALORIES



259 kcal

DESSERT

BEVERAGE

DRINK

Ingredients

- 4 tablespoons chocolate syrup
- 4 pretzels salted mini
- 1 pinch salt
- 18 ounces chocolate stout beer black chilled (recommended: Brooklyn Brewery Chocolate Stout)
- 4 scoops whipped cream
- 0.5 cup milk whole chilled

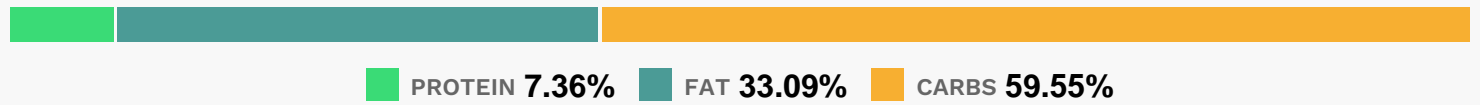
Equipment

- blender

Directions

- Take the vanilla ice cream out of the freezer for 10 minutes or so to soften. Once barely softened, add to the blender 4 scoops of vanilla ice cream, the milk, chocolate syrup, and the chilled stout, pouring slowly so as not to generate lots of beer foam.
- Add the pinch of salt and blend to a smooth consistency. For a thicker consistency, add more vanilla ice cream.
- Pour the milkshake into 4 glasses and float 1 mini pretzel on top of each glass.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:10.4, Inflammation Score:-5, Nutrition Score:4.7330435138682%

Nutrients (% of daily need)

Calories: 259.47kcal (12.97%), Fat: 8.49g (13.06%), Saturated Fat: 5.16g (32.23%), Carbohydrates: 34.38g (11.46%), Net Carbohydrates: 33.37g (12.13%), Sugar: 25.41g (28.23%), Cholesterol: 32.7mg (10.9%), Sodium: 100.88mg (4.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.5%), Phosphorus: 127.18mg (12.72%), Vitamin B2: 0.21mg (12.58%), Calcium: 125.07mg (12.51%), Vitamin B12: 0.42µg (7.03%), Magnesium: 26.19mg (6.55%), Vitamin A: 327.27IU (6.55%), Potassium: 224.12mg (6.4%), Copper: 0.12mg (5.97%), Vitamin B5: 0.5mg (5.03%), Zinc: 0.74mg (4.91%), Manganese: 0.09mg (4.61%), Fiber: 1.02g (4.06%), Vitamin B1: 0.05mg (3.35%), Vitamin D: 0.47µg (3.12%), Selenium: 2.09µg (2.99%), Iron: 0.53mg (2.93%), Vitamin B6: 0.05mg (2.61%), Vitamin E: 0.22mg (1.48%), Folate: 5.51µg (1.38%), Vitamin B3: 0.23mg (1.13%)