

Black Cauldron

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



232 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

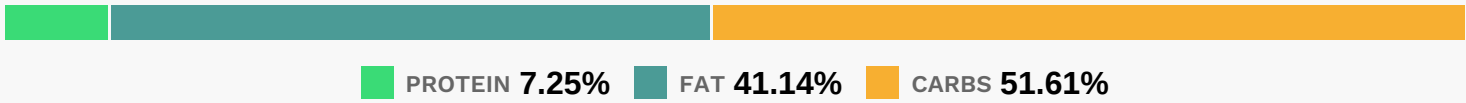
- ☐ 0.3 cup espresso grounds brewed
- ☐ 24 ounces oatmeal stout beer
- ☐ 2 cups whipped cream
- ☐ 0.3 cup vodka

Equipment

Directions

- ☐
- Place 1/2 cup vanilla ice cream in each of 4 tall glasses. Top each serving with 1 tablespoon vodka, 1 tablespoon brewed espresso, and 6 ounces oatmeal stout beer.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:9.22, Inflammation Score:-6, Nutrition Score:3.0491304300402%

Nutrients (% of daily need)

Calories: 232.47kcal (11.62%), Fat: 7.29g (11.21%), Saturated Fat: 4.49g (28.09%), Carbohydrates: 20.57g (6.86%), Net Carbohydrates: 20.11g (7.31%), Sugar: 13.99g (15.55%), Cholesterol: 29.04mg (9.68%), Sodium: 55.01mg (2.39%), Alcohol: 5.01g (100%), Alcohol %: 2.39% (100%), Caffeine: 31.27mg (10.42%), Protein: 2.89g (5.78%), Vitamin B2: 0.19mg (10.92%), Calcium: 84.78mg (8.48%), Phosphorus: 71.08mg (7.11%), Vitamin A: 277.86IU (5.56%), Magnesium: 21.04mg (5.26%), Vitamin B12: 0.26µg (4.29%), Potassium: 148.45mg (4.24%), Vitamin B3: 0.85mg (4.23%), Vitamin B5: 0.39mg (3.88%), Zinc: 0.46mg (3.09%), Vitamin B1: 0.03mg (1.86%), Fiber: 0.46g (1.85%), Selenium: 1.19µg (1.7%), Vitamin B6: 0.03mg (1.6%), Vitamin E: 0.2mg (1.33%), Copper: 0.02mg (1.2%)