



Brandy Cream



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



502 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup brandy
- 0.3 cup creme de cacao liqueur
- 0.3 teaspoon nutmeg
- 0.3 cup frangelico
- 2 pints whipped cream softened

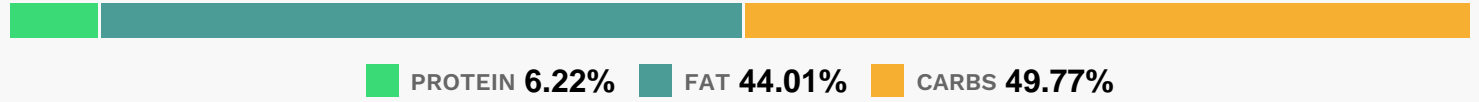
Equipment

- blender

Directions

- Process first 4 ingredients in a blender until smooth.
- Sprinkle each serving with nutmeg, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:29.2, Glycemic Load:26.46, Inflammation Score:-6, Nutrition Score:7.519565216873%

Nutrients (% of daily need)

Calories: 502.49kcal (25.12%), Fat: 20.86g (32.09%), Saturated Fat: 12.88g (80.48%), Carbohydrates: 53.08g (17.69%), Net Carbohydrates: 51.73g (18.81%), Sugar: 44.65g (49.61%), Cholesterol: 83.28mg (27.76%), Sodium: 151.67mg (6.59%), Alcohol: 11.01g (100%), Alcohol %: 5.79% (100%), Protein: 6.63g (13.26%), Vitamin B2: 0.46mg (26.78%), Calcium: 242.45mg (24.25%), Phosphorus: 199.91mg (19.99%), Vitamin A: 796.93IU (15.94%), Vitamin B12: 0.74µg (12.3%), Vitamin B5: 1.1mg (11%), Potassium: 377.48mg (10.79%), Zinc: 1.32mg (8.78%), Magnesium: 26.68mg (6.67%), Fiber: 1.35g (5.38%), Vitamin B1: 0.08mg (5.29%), Selenium: 3.41µg (4.87%), Vitamin B6: 0.09mg (4.56%), Vitamin E: 0.57mg (3.79%), Vitamin D: 0.38µg (2.52%), Copper: 0.05mg (2.48%), Folate: 9.54µg (2.38%), Vitamin C: 1.14mg (1.38%), Manganese: 0.02mg (1.12%), Vitamin B3: 0.22mg (1.12%), Iron: 0.18mg (1.02%)