



## Brown Cow

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**8**

CALORIES



**240 kcal**

**SIDE DISH**

## Ingredients

- 0.5 cup caramel sundae syrup fat-free
- 4 cups whipped cream low-fat
- 6 cups root beer chilled

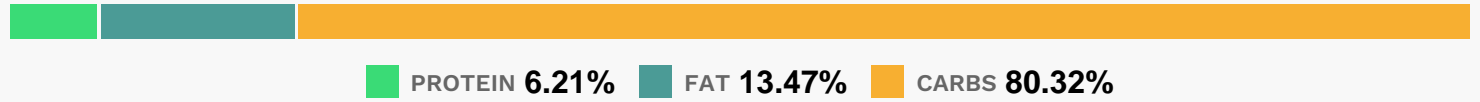
## Equipment

## Directions

- Spoon 1/2 cup ice cream into each of 8 (12-ounce) glasses.

- Pour 3/4 cup root beer over ice cream in each glass.
- Drizzle each serving with 1 tablespoon syrup.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:4.5, Glycemic Load:7.99, Inflammation Score:-2, Nutrition Score:3.485652194075%

## Nutrients (% of daily need)

Calories: 239.88kcal (11.99%), Fat: 3.67g (5.65%), Saturated Fat: 2.23g (13.92%), Carbohydrates: 49.23g (16.41%), Net Carbohydrates: 49.01g (17.82%), Sugar: 43.61g (48.45%), Cholesterol: 20.52mg (6.84%), Sodium: 127.42mg (5.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.61%), Calcium: 138.13mg (13.81%), Vitamin B2: 0.19mg (11.4%), Phosphorus: 83.79mg (8.38%), Vitamin A: 353.19IU (7.06%), Vitamin B12: 0.38µg (6.38%), Potassium: 169.17mg (4.83%), Zinc: 0.68mg (4.52%), Vitamin B5: 0.39mg (3.88%), Magnesium: 13.12mg (3.28%), Vitamin B1: 0.04mg (2.69%), Selenium: 1.88µg (2.69%), Vitamin B6: 0.03mg (1.71%), Manganese: 0.03mg (1.69%), Iron: 0.23mg (1.29%), Copper: 0.03mg (1.27%), Folate: 4.84µg (1.21%), Vitamin C: 0.98mg (1.19%)