

Butterbeer IV

 **Gluten Free**

READY IN



15 min.

SERVINGS



4

CALORIES



184 kcal

SIDE DISH

Ingredients

- 1 tablespoon brown sugar
- 1 tablespoon butter
- 0.5 cup milk
- 0.5 cup condensed milk sweetened
- 1 teaspoon vanilla extract
- 1 teaspoon whipped cream

Equipment

- sauce pan

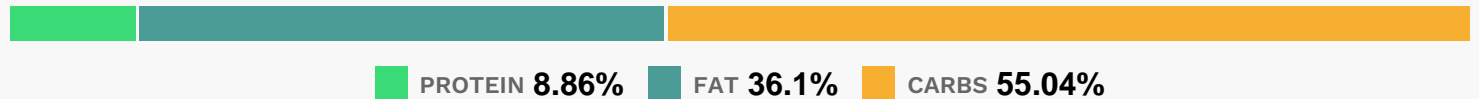
whisk

Directions

Stir the milk, condensed milk, vanilla extract, butter, and brown sugar together in a saucepan over medium heat until brown sugar has dissolved. Beat with a whisk occasionally as it warms. Just before the mixture begins to boil, remove from heat and whisk until frothy.

Pour into a mug, and top with whipped cream to serve.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:13.32, Inflammation Score:-2, Nutrition Score:3.9352174129175%

Nutrients (% of daily need)

Calories: 183.67kcal (9.18%), Fat: 7.42g (11.42%), Saturated Fat: 4.64g (29%), Carbohydrates: 25.46g (8.49%), Net Carbohydrates: 25.46g (9.26%), Sugar: 25.41g (28.24%), Cholesterol: 25.14mg (8.38%), Sodium: 83.7mg (3.64%), Alcohol: 0.34g (100%), Alcohol %: 0.56% (100%), Protein: 4.1g (8.2%), Calcium: 150.85mg (15.08%), Phosphorus: 129.71mg (12.97%), Vitamin B2: 0.2mg (12.01%), Selenium: 6.33µg (9.04%), Vitamin B12: 0.34µg (5.71%), Potassium: 195.8mg (5.59%), Vitamin A: 247.57IU (4.95%), Vitamin B5: 0.41mg (4.13%), Magnesium: 14.2mg (3.55%), Vitamin B1: 0.05mg (3.48%), Zinc: 0.49mg (3.3%), Vitamin D: 0.42µg (2.78%), Vitamin B6: 0.04mg (2.01%), Vitamin C: 0.99mg (1.21%), Vitamin E: 0.17mg (1.1%), Folate: 4.38µg (1.09%)