



Caribbean Bushwacker

 **Gluten Free**  **Dairy Free**

READY IN



8 min.

SERVINGS



4

CALORIES



651 kcal

BEVERAGE

DRINK

Ingredients

- 2 tablespoons chocolate syrup
- 0.3 cup coffee-flavored liqueur chilled
- 0.5 cup cream of coconut
- 0.3 cup creme de cacao liqueur dark chilled
- 3 cups cracked ice
- 0.3 cup irish cream liqueur chilled
- 0.3 cup rum dark black chilled
- 4 cups whipped cream

Equipment

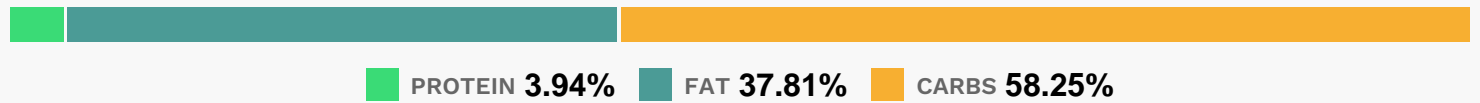
blender

Directions

Combine first 7 ingredients in a blender; process until finely chopped.

Add ice cream; process until smooth.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:18.44, Inflammation Score:-5, Nutrition Score:6.0926086850788%

Nutrients (% of daily need)

Calories: 651.48kcal (32.57%), Fat: 23.5g (36.15%), Saturated Fat: 16.09g (100.54%), Carbohydrates: 81.46g (27.15%), Net Carbohydrates: 79.03g (28.74%), Sugar: 70.03g (77.81%), Cholesterol: 58.18mg (19.39%), Sodium: 167.18mg (7.27%), Alcohol: 13.01g (100%), Alcohol %: 3.97% (100%), Protein: 5.51g (11.03%), Vitamin B2: 0.33mg (19.18%), Calcium: 178.94mg (17.89%), Phosphorus: 148.41mg (14.84%), Vitamin A: 555.91IU (11.12%), Fiber: 2.42g (9.69%), Vitamin B12: 0.52µg (8.68%), Potassium: 289.96mg (8.28%), Vitamin B5: 0.78mg (7.78%), Zinc: 1.01mg (6.76%), Magnesium: 24.81mg (6.2%), Copper: 0.09mg (4.75%), Vitamin E: 0.65mg (4.31%), Vitamin B1: 0.06mg (3.88%), Selenium: 2.59µg (3.71%), Vitamin B6: 0.07mg (3.27%), Manganese: 0.05mg (2.43%), Vitamin D: 0.26µg (1.76%), Folate: 6.98µg (1.75%), Iron: 0.25mg (1.38%)