

Chocolate Amnesia



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



438 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 fluid ounces chocolate milk as needed
- ☐ 2 fluid ounces coffee-flavored liqueur
- ☐ 2 fluid ounces vodka

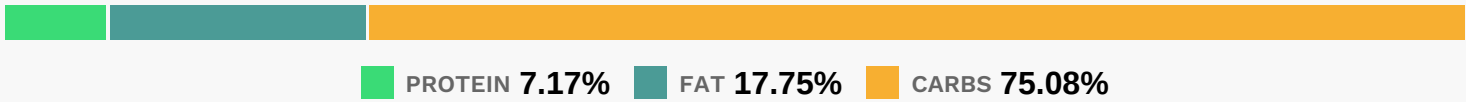
Equipment

Directions

- ☐ Fill a pint glass with ice.

Pour vodka and coffee-flavored liqueur over ice; top with chocolate milk and stir.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:3.93, Inflammation Score:-4, Nutrition Score:4.3247826008693%

Nutrients (% of daily need)

Calories: 437.64kcal (21.88%), Fat: 4.19g (6.44%), Saturated Fat: 2.54g (15.89%), Carbohydrates: 39.86g (13.29%), Net Carbohydrates: 38.91g (14.15%), Sugar: 38.96g (43.29%), Cholesterol: 14.19mg (4.73%), Sodium: 76.29mg (3.32%), Alcohol: 32.59g (100%), Alcohol %: 17.46% (100%), Protein: 3.81g (7.62%), Calcium: 132.47mg (13.25%), Phosphorus: 122.42mg (12.24%), Vitamin B2: 0.2mg (11.51%), Vitamin D: 1.54µg (10.25%), Vitamin B12: 0.39µg (6.51%), Potassium: 198.12mg (5.66%), Manganese: 0.09mg (4.55%), Copper: 0.08mg (4.14%), Magnesium: 15.38mg (3.84%), Fiber: 0.95g (3.78%), Vitamin B5: 0.35mg (3.49%), Zinc: 0.48mg (3.23%), Selenium: 2.25µg (3.21%), Vitamin B1: 0.05mg (3.11%), Vitamin B6: 0.05mg (2.37%), Vitamin A: 115.91IU (2.32%), Iron: 0.29mg (1.61%), Folate: 5.91µg (1.48%), Vitamin C: 1.06mg (1.29%)