



Chocolate Hurricane



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



638 kcal

BEVERAGE

DRINK

Ingredients

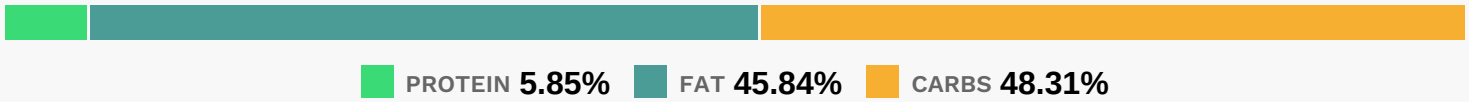
- ☐ 2 scoops ice-cream chocolate shell
- ☐ 2 ounces chocolate syrup
- ☐ 1 ounce rum / brandy / coffee liqueur
- ☐ 2 ounces creme de cacao liqueur dark
- ☐ 2 servings hazelnut sticks for garnish
- ☐ 2 ounces vodka such as tito's
- ☐ 2 servings whipped cream for topping

Equipment

Directions

- ☐ Watch how to make this recipe.
- ☐ Fill a cocktail shaker with ice.
- ☐ Add the chocolate ice cream, chocolate syrup, coffee liqueur, creme de cacao and vodka. Shake well and strain into two chilled hurricane glasses. Top each with a dollop of whipped cream and garnish with a chocolate stick.

Nutrition Facts



Properties

Glycemic Index:67.5, Glycemic Load:9.64, Inflammation Score:-6, Nutrition Score:15.534782720649%

Flavonoids

Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg

Nutrients (% of daily need)

Calories: 637.95kcal (31.9%), Fat: 27.2g (41.84%), Saturated Fat: 6.82g (42.61%), Carbohydrates: 64.49g (21.5%), Net Carbohydrates: 60.05g (21.84%), Sugar: 47.33g (52.59%), Cholesterol: 27mg (9%), Sodium: 72.47mg (3.15%), Alcohol: 17.93g (100%), Alcohol %: 11.29% (100%), Caffeine: 3.68mg (1.23%), Protein: 7.81g (15.62%), Manganese: 2.05mg (102.66%), Copper: 0.75mg (37.68%), Vitamin E: 4.74mg (31.61%), Magnesium: 87.13mg (21.78%), Phosphorus: 200.95mg (20.09%), Fiber: 4.44g (17.76%), Vitamin B1: 0.23mg (15.12%), Iron: 2.63mg (14.6%), Potassium: 440.95mg (12.6%), Calcium: 116.17mg (11.62%), Folate: 45.21µg (11.3%), Vitamin B2: 0.18mg (10.71%), Vitamin B6: 0.21mg (10.47%), Zinc: 1.35mg (8.98%), Vitamin B5: 0.66mg (6.63%), Vitamin A: 321.66IU (6.43%), Vitamin K: 4.71µg (4.49%), Selenium: 2.85µg (4.07%), Vitamin B3: 0.78mg (3.92%), Vitamin B12: 0.21µg (3.48%), Vitamin C: 2.41mg (2.92%), Vitamin D: 0.16µg (1.04%)