



Chocolate Martini



Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



374 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.5 ounces chocolate liqueur dark such as godiva
- ☐ 0.5 ounce chocolate syrup
- ☐ 1.5 ounces skim milk plain
- ☐ 1 ounce vanilla vodka such as stoli

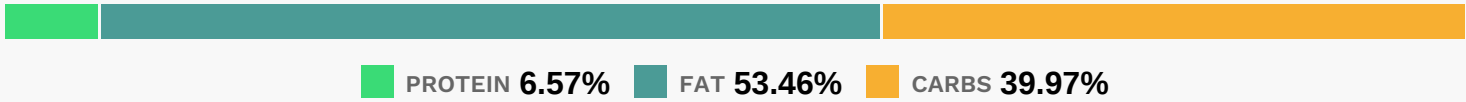
Equipment

Directions

- ☐
- Combine all ingredients in a shaker and shake vigorously.

☐

Nutrition Facts



Properties

Glycemic Index:71.25, Glycemic Load:4.11, Inflammation Score:-5, Nutrition Score:11.010000065536%

Nutrients (% of daily need)

Calories: 373.79kcal (18.69%), Fat: 18.32g (28.19%), Saturated Fat: 10.51g (65.68%), Carbohydrates: 30.83g (10.28%), Net Carbohydrates: 25.82g (9.39%), Sugar: 19.39g (21.54%), Cholesterol: 2.55mg (0.85%), Sodium: 36.43mg (1.58%), Alcohol: 9.47g (100%), Alcohol %: 9.41% (100%), Caffeine: 34.87mg (11.62%), Protein: 5.07g (10.14%), Manganese: 0.88mg (44.19%), Copper: 0.83mg (41.36%), Iron: 5.36mg (29.79%), Magnesium: 111.27mg (27.82%), Fiber: 5g (20.01%), Phosphorus: 196.18mg (19.62%), Potassium: 407.1mg (11.63%), Zinc: 1.7mg (11.35%), Calcium: 89.16mg (8.92%), Vitamin B12: 0.37µg (6.1%), Vitamin B2: 0.1mg (5.76%), Selenium: 3.94µg (5.63%), Vitamin B5: 0.33mg (3.31%), Vitamin D: 0.47µg (3.12%), Vitamin K: 3.18µg (3.02%), Vitamin B1: 0.04mg (2.73%), Vitamin B3: 0.54mg (2.72%), Vitamin B6: 0.04mg (2.08%), Vitamin A: 103.33IU (2.07%), Vitamin E: 0.25mg (1.69%)