



Chocolate Volcano Lava Cake Cocktail

 Gluten Free

READY IN



10 min.

SERVINGS



1

CALORIES



731 kcal

Ingredients

- 1 ounce chocolate liqueur white such as godiva
- 2 scoops ice-cream chocolate shell
- 2 tablespoons chocolate syrup
- 1 serving coconut or toasted for garnish
- 2 ounces vanilla vodka such as smirnoff
- 1 serving whipped cream for garnish

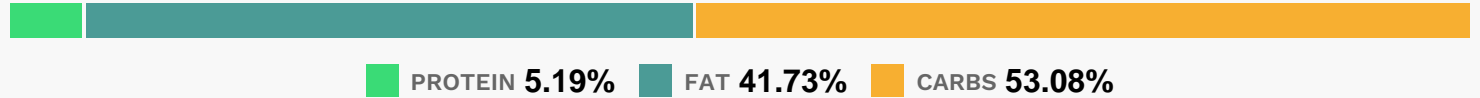
Equipment

- blender

Directions

- Watch how to make this recipe.
- Add the ice cream, vodka, chocolate liqueur and chocolate syrup to a blender. Blend until smooth.
- Pour into a tall glass and garnish with whipped cream and toasted coconut.

Nutrition Facts



Properties

Glycemic Index:200, Glycemic Load:30, Inflammation Score:-6, Nutrition Score:11.25999993345%

Nutrients (% of daily need)

Calories: 731.32kcal (36.57%), Fat: 28.76g (44.24%), Saturated Fat: 18.48g (115.52%), Carbohydrates: 82.32g (27.44%), Net Carbohydrates: 78.74g (28.63%), Sugar: 71.22g (79.13%), Cholesterol: 55.39mg (18.46%), Sodium: 157.68mg (6.86%), Alcohol: 18.94g (100%), Alcohol %: 8.79% (100%), Caffeine: 6.36mg (2.12%), Protein: 8.05g (16.09%), Phosphorus: 262.21mg (26.22%), Manganese: 0.49mg (24.5%), Copper: 0.45mg (22.49%), Vitamin B2: 0.37mg (21.52%), Calcium: 213.36mg (21.34%), Magnesium: 71.54mg (17.89%), Potassium: 544.35mg (15.55%), Fiber: 3.58g (14.32%), Iron: 2.39mg (13.29%), Vitamin A: 598.72IU (11.97%), Vitamin B5: 0.96mg (9.57%), Zinc: 1.4mg (9.33%), Vitamin B12: 0.56µg (9.32%), Selenium: 6.23µg (8.9%), Folate: 26.68µg (6.67%), Vitamin B1: 0.09mg (5.9%), Vitamin B6: 0.1mg (4.94%), Vitamin E: 0.74mg (4.92%), Vitamin B3: 0.7mg (3.48%), Vitamin K: 3.31µg (3.15%), Vitamin D: 0.29µg (1.92%), Vitamin C: 1.48mg (1.79%)