

Classic Cola Float



Gluten Free



Dairy Free



Low Fod Map

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

138 kcal

Ingredients



4 servings cola drink soft



0.3 teaspoon vanilla extract



4 servings whipped cream

Equipment

Directions

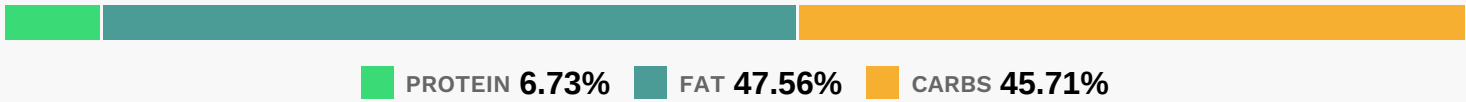


Scoop vanilla ice cream into a tall glass, filling half full. Top with your favorite cola soft drink, and gently stir in 1/4 teaspoon vanilla extract.

☐

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:9.28, Inflammation Score:-2, Nutrition Score:2.6069565013699%

Nutrients (% of daily need)

Calories: 137.71kcal (6.89%), Fat: 7.26g (11.17%), Saturated Fat: 4.48g (28.01%), Carbohydrates: 15.7g (5.23%), Net Carbohydrates: 15.24g (5.54%), Sugar: 14.11g (15.68%), Cholesterol: 29.04mg (9.68%), Sodium: 52.86mg (2.3%), Alcohol: 0.09g (100%), Alcohol %: 0.16% (100%), Protein: 2.31g (4.62%), Vitamin B2: 0.16mg (9.33%), Calcium: 84.53mg (8.45%), Phosphorus: 69.42mg (6.94%), Vitamin A: 277.86IU (5.56%), Vitamin B12: 0.26µg (4.29%), Vitamin B5: 0.38mg (3.84%), Potassium: 131.73mg (3.76%), Zinc: 0.46mg (3.04%), Magnesium: 9.27mg (2.32%), Fiber: 0.46g (1.85%), Vitamin B1: 0.03mg (1.81%), Selenium: 1.19µg (1.7%), Vitamin B6: 0.03mg (1.59%), Vitamin E: 0.2mg (1.32%)