



Creamy Brandy Alexander

 **Gluten Free**

READY IN



5 min.

SERVINGS



4

CALORIES



331 kcal

BEVERAGE

DRINK

Ingredients

- 1 tablespoon brandy
- 1 tablespoon creme de cacao liqueur
- 1 pinch ground cinnamon
- 1.5 cups milk
- 0.3 cup whipped cream sweetened
- 1 pint whipped cream french

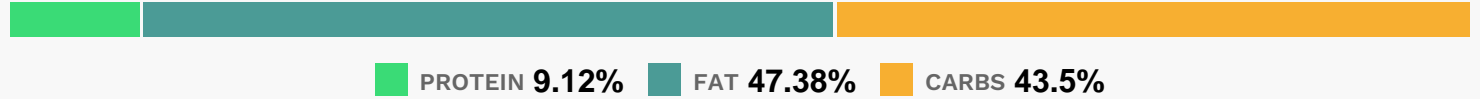
Equipment

- blender

Directions

- In the container of a blender, combine the brandy, creme de cacao, milk and ice cream. Process until smooth.
- Serve in glasses topped with whipped cream and a dash of cinnamon.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:18.41, Inflammation Score:-5, Nutrition Score:7.7873913749405%

Nutrients (% of daily need)

Calories: 331.02kcal (16.55%), Fat: 16.77g (25.81%), Saturated Fat: 10.25g (64.08%), Carbohydrates: 34.66g (11.55%), Net Carbohydrates: 33.8g (12.29%), Sugar: 30.83g (34.26%), Cholesterol: 65.88mg (21.96%), Sodium: 129.75mg (5.64%), Alcohol: 1.95g (100%), Alcohol %: 1.12% (100%), Protein: 7.26g (14.53%), Calcium: 268.25mg (26.82%), Vitamin B2: 0.41mg (24.28%), Phosphorus: 220.14mg (22.01%), Vitamin B12: 0.97µg (16.11%), Vitamin A: 672.08IU (13.44%), Potassium: 378.46mg (10.81%), Vitamin B5: 1.04mg (10.4%), Vitamin D: 1.26µg (8.39%), Zinc: 1.21mg (8.05%), Magnesium: 27.98mg (7%), Vitamin B1: 0.1mg (6.76%), Vitamin B6: 0.11mg (5.71%), Selenium: 3.92µg (5.6%), Fiber: 0.85g (3.42%), Vitamin E: 0.43mg (2.84%), Folate: 6.03µg (1.51%), Copper: 0.03mg (1.47%), Vitamin B3: 0.24mg (1.19%), Manganese: 0.02mg (1.13%)