



Dairy-Free Root Beer Float



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



152 kcal

SIDE DISH

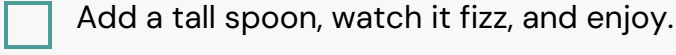
Ingredients

- ☐ 4 full scoops so delicious dairy free vanilla coconut milk ice cream
- ☐ 2 cans all-natural root beer

Equipment

Directions

- ☐ Grab two tall, skinny glasses and drop 1 scoop of vanilla dairy-free ice cream in each. Fill halfway with root beer, add another scoop of the ice cream, and then fill to the top with the rest of the root beer.



■ PROTEIN 0.15% ■ FAT 0.23% ■ CARBS 99.62%

Properties

Glycemic Index:16.71, Glycemic Load:0.02, Inflammation Score:1, Nutrition Score:0.55217391373995%

Nutrients (% of daily need)

Calories: 151.78kcal (7.59%), Fat: 0.04g (0.06%), Saturated Fat: 0g (0.03%), Carbohydrates: 39.08g (13.03%), Net Carbohydrates: 39.07g (14.21%), Sugar: 39.06g (43.4%), Cholesterol: 0mg (0%), Sodium: 48.84mg (2.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.12%), Manganese: 0.05mg (2.39%), Calcium: 21.2mg (2.12%), Zinc: 0.26mg (1.75%), Copper: 0.03mg (1.41%), Iron: 0.19mg (1.08%)