



Deluxe Root Beer Floats

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



496 kcal

SIDE DISH

Ingredients

- 0.3 cup bittersweet chocolate chopped
- 1 teaspoon orange peel grated
- 24 ounce root beer
- 5 cups whipped cream

Equipment

Directions

- Scoop 5 cups vanilla ice cream equally into 4 glasses (16 oz. each).
- Sprinkle evenly with 1/3 cup chopped bittersweet chocolate and 1 teaspoon grated orange peel. Slowly fill glasses with cold root beer or sarsaparilla, about 2 bottles (12 oz. each) total.

Nutrition Facts

PROTEIN 5.35% **FAT 42.79%** **CARBS 51.86%**

Properties

Glycemic Index:15.25, Glycemic Load:23.05, Inflammation Score:-5, Nutrition Score:8.9630434150281%

Nutrients (% of daily need)

Calories: 496.21kcal (24.81%), Fat: 23.74g (36.52%), Saturated Fat: 14.42g (90.1%), Carbohydrates: 64.74g (21.58%), Net Carbohydrates: 62.37g (22.68%), Sugar: 58.36g (64.85%), Cholesterol: 73.47mg (24.49%), Sodium: 155.59mg (6.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.54mg (4.18%), Protein: 6.68g (13.35%), Vitamin B2: 0.4mg (23.74%), Calcium: 229.55mg (22.96%), Phosphorus: 211.27mg (21.13%), Vitamin A: 704.04IU (14.08%), Magnesium: 50.58mg (12.64%), Potassium: 413.8mg (11.82%), Copper: 0.23mg (11.62%), Manganese: 0.23mg (11.43%), Vitamin B12: 0.67µg (11.16%), Zinc: 1.65mg (10.97%), Vitamin B5: 1mg (10.05%), Fiber: 2.37g (9.5%), Iron: 1.16mg (6.44%), Selenium: 4.37µg (6.24%), Vitamin B1: 0.07mg (4.86%), Vitamin B6: 0.09mg (4.25%), Vitamin E: 0.58mg (3.88%), Vitamin D: 0.33µg (2.2%), Folate: 8.4µg (2.1%), Vitamin C: 1.67mg (2.02%), Vitamin B3: 0.32mg (1.59%), Vitamin K: 1.54µg (1.47%)