



Frozen White Chocolate

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



470 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 ounces chocolate liqueur white
- 1 ounce clear crème de cacao
- 2 ounces irish cream liqueur
- 3 cups whipped cream

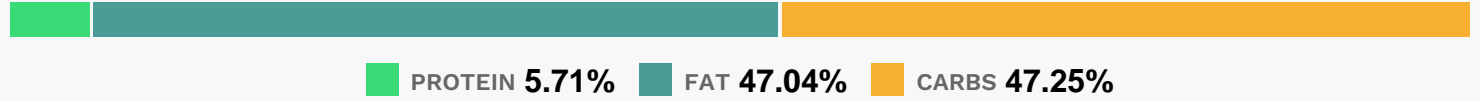
Equipment

- blender

Directions

Combine all ingredients in a blender. Blend until smooth.

Nutrition Facts



Properties

Glycemic Index:43.67, Glycemic Load:26.24, Inflammation Score:-4, Nutrition Score:6.2413043742595%

Nutrients (% of daily need)

Calories: 469.7kcal (23.49%), Fat: 23.04g (35.45%), Saturated Fat: 14.14g (88.38%), Carbohydrates: 52.07g (17.36%), Net Carbohydrates: 51.11g (18.59%), Sugar: 45.61g (50.68%), Cholesterol: 62.06mg (20.69%), Sodium: 122.62mg (5.33%), Alcohol: 4.35g (100%), Alcohol %: 3.07% (100%), Protein: 6.3g (12.59%), Vitamin B2: 0.37mg (21.77%), Calcium: 206.57mg (20.66%), Phosphorus: 171.86mg (17.19%), Vitamin A: 561.39IU (11.23%), Vitamin B12: 0.62µg (10.34%), Potassium: 316.73mg (9.05%), Vitamin B5: 0.88mg (8.82%), Zinc: 1.05mg (7%), Magnesium: 20.75mg (5.19%), Selenium: 3.23µg (4.61%), Vitamin B1: 0.07mg (4.4%), Vitamin E: 0.58mg (3.85%), Fiber: 0.96g (3.85%), Vitamin B6: 0.07mg (3.7%), Copper: 0.04mg (2.08%), Vitamin K: 2.12µg (2.02%), Folate: 7.92µg (1.98%), Vitamin D: 0.26µg (1.76%), Vitamin B3: 0.29mg (1.47%), Vitamin C: 0.89mg (1.07%)