



Grown-up Frappés

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



240 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup creme de cacao liqueur
- ☐ 0.7 cup milk
- ☐ 9 chocolate-covered peppermint patties miniature chopped
- ☐ 2 cups whipped cream

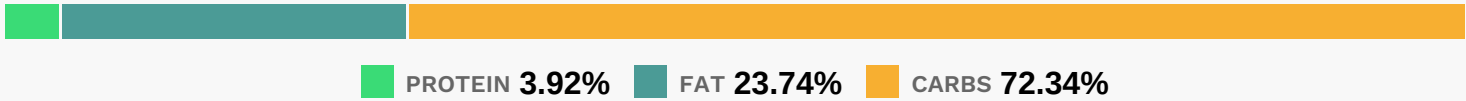
Equipment

- ☐ blender

Directions

- ☐ Process ice cream, milk, crme de cacao, and chopped peppermint patties, in a blender until smooth.
- ☐ Note: We tested with York Peppermint Patties.

Nutrition Facts



Properties

Glycemic Index:9.9, Glycemic Load:3.98, Inflammation Score:-1, Nutrition Score:1.8639130394744%

Nutrients (% of daily need)

Calories: 240.38kcal (12.02%), Fat: 6.2g (9.54%), Saturated Fat: 3.77g (23.59%), Carbohydrates: 42.51g (14.17%), Net Carbohydrates: 41.55g (15.11%), Sugar: 33.31g (37.01%), Cholesterol: 13.95mg (4.65%), Sodium: 38.14mg (1.66%), Alcohol: 1.5g (100%), Alcohol %: 2.13% (100%), Protein: 2.31g (4.61%), Calcium: 58.06mg (5.81%), Vitamin B2: 0.09mg (5.05%), Phosphorus: 44.15mg (4.41%), Fiber: 0.96g (3.84%), Potassium: 119.89mg (3.43%), Vitamin B12: 0.19µg (3.18%), Vitamin A: 140.21IU (2.8%), Vitamin B5: 0.21mg (2.14%), Iron: 0.38mg (2.11%), Zinc: 0.25mg (1.66%), Vitamin D: 0.23µg (1.54%), Magnesium: 5.65mg (1.41%), Vitamin B1: 0.02mg (1.33%), Vitamin B6: 0.02mg (1.13%), Selenium: 0.78µg (1.12%)