



Grown-Up Milkshake

 Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



360 kcal

DESSERT

BEVERAGE

DRINK

Ingredients

- 30 ml brandy
- 4 servings chocolate shaved
- 30 ml chocolate liqueur white
- 30 ml rum / brandy / coffee liqueur
- 8 scoops whipped cream
- 4 servings whipped cream

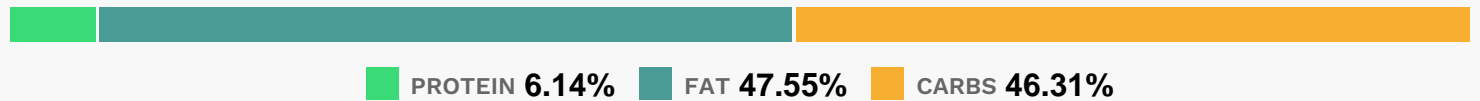
Equipment

- blender

Directions

- Watch how to make this recipe.
- Scoop ice cream into blender.
- Pour in white chocolate liqueur, coffee liqueur, and brandy. Make sure the top of the blender is tightly in place and blend until smooth.
- Serve topped with whipped cream and shaved chocolate.

Nutrition Facts



Properties

Glycemic Index:60.9, Glycemic Load:20.81, Inflammation Score:-4, Nutrition Score:5.7126087028047%

Nutrients (% of daily need)

Calories: 359.52kcal (17.98%), Fat: 17.56g (27.02%), Saturated Fat: 10.81g (67.58%), Carbohydrates: 38.48g (12.83%), Net Carbohydrates: 37.5g (13.64%), Sugar: 34.95g (38.83%), Cholesterol: 63.52mg (21.17%), Sodium: 110.68mg (4.81%), Alcohol: 4.16g (100%), Alcohol %: 3.33% (100%), Protein: 5.1g (10.21%), Vitamin B2: 0.34mg (19.72%), Calcium: 183.59mg (18.36%), Phosphorus: 153.08mg (15.31%), Vitamin A: 598.08IU (11.96%), Vitamin B12: 0.56µg (9.26%), Potassium: 286.52mg (8.19%), Vitamin B5: 0.81mg (8.11%), Zinc: 0.98mg (6.55%), Magnesium: 20.77mg (5.19%), Vitamin B1: 0.06mg (3.98%), Fiber: 0.99g (3.95%), Selenium: 2.68µg (3.82%), Vitamin B6: 0.07mg (3.43%), Vitamin E: 0.48mg (3.18%), Copper: 0.04mg (2.04%), Vitamin D: 0.29µg (1.92%), Folate: 7.1µg (1.78%)