



Guinness (or any Beer) Float

 Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



273 kcal

Ingredients

- 1 bottle porter good chilled
- 2 cups whipped cream

Equipment

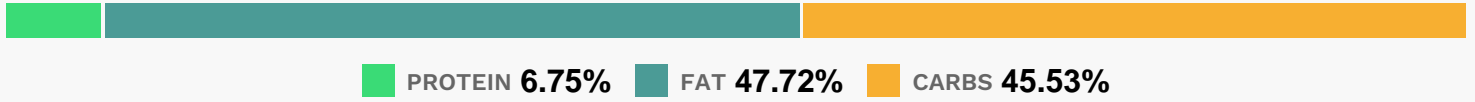
- drinking straws

Directions

- Divide the ice cream into two frosted mugs, then very slowly pour the Guinness over the top of each. (It will fizz and bubble over if you pour too fast.)

Serve with a spoon and a straw! For extra decadence, top with freshly whipped cream.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:18.44, Inflammation Score:-4, Nutrition Score:5.204347771147%

Nutrients (% of daily need)

Calories: 273.42kcal (13.67%), Fat: 14.52g (22.34%), Saturated Fat: 8.96g (56.02%), Carbohydrates: 31.17g (10.39%), Net Carbohydrates: 30.24g (11%), Sugar: 27.98g (31.09%), Cholesterol: 58.08mg (19.36%), Sodium: 105.6mg (4.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.62g (9.24%), Vitamin B2: 0.32mg (18.64%), Calcium: 168.96mg (16.9%), Phosphorus: 138.6mg (13.86%), Vitamin A: 555.72IU (11.11%), Vitamin B12: 0.51µg (8.58%), Vitamin B5: 0.77mg (7.67%), Potassium: 262.68mg (7.51%), Zinc: 0.91mg (6.07%), Magnesium: 18.48mg (4.62%), Fiber: 0.92g (3.7%), Vitamin B1: 0.05mg (3.61%), Selenium: 2.38µg (3.39%), Vitamin B6: 0.06mg (3.17%), Vitamin E: 0.4mg (2.64%), Vitamin D: 0.26µg (1.76%), Folate: 6.6µg (1.65%), Copper: 0.03mg (1.52%)