



Irish Cream

 Gluten Free

READY IN



485 min.

SERVINGS



8

CALORIES



398 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.8 teaspoon almond extract
- ☐ 1 teaspoon chocolate syrup (such as Hershey's®)
- ☐ 3 eggs
- ☐ 1 cup heavy whipping cream
- ☐ 1 teaspoon coffee granules instant
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 1.5 cups irish whiskey

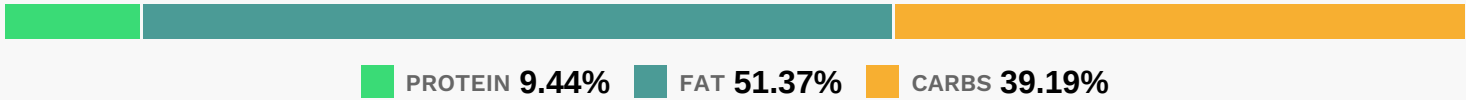
Equipment

☐ blender

Directions

- ☐ Blend eggs, coffee, chocolate syrup, and almond extract in a blender.
- ☐ Pour sweetened condensed milk and whipping cream into the egg mixture; blend again.
- ☐ Pour whiskey into the blender; blend until smooth. Chill overnight or 8 hours before using.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:16.47, Inflammation Score:-5, Nutrition Score:6.3782609336726%

Nutrients (% of daily need)

Calories: 397.89kcal (19.89%), Fat: 16.63g (25.59%), Saturated Fat: 10.09g (63.04%), Carbohydrates: 28.55g (9.52%), Net Carbohydrates: 28.53g (10.37%), Sugar: 28.32g (31.47%), Cholesterol: 111.87mg (37.29%), Sodium: 95mg (4.13%), Alcohol: 16.06g (100%), Alcohol %: 14.41% (100%), Caffeine: 3.96mg (1.32%), Protein: 6.88g (13.75%), Vitamin B2: 0.34mg (19.94%), Selenium: 13.32µg (19.04%), Phosphorus: 177.98mg (17.8%), Calcium: 170.08mg (17.01%), Vitamin A: 658.89IU (13.18%), Vitamin B5: 0.7mg (7.01%), Potassium: 241.91mg (6.91%), Vitamin B12: 0.41µg (6.88%), Vitamin D: 0.91µg (6.03%), Zinc: 0.76mg (5.1%), Magnesium: 17.82mg (4.46%), Vitamin B1: 0.06mg (4.06%), Folate: 14.41µg (3.6%), Vitamin E: 0.53mg (3.51%), Vitamin B6: 0.06mg (3.2%), Iron: 0.44mg (2.45%), Vitamin C: 1.47mg (1.78%), Copper: 0.03mg (1.62%), Vitamin K: 1.3µg (1.24%)