



Irish Cream Liqueur I

 Gluten Free

READY IN



5 min.

SERVINGS



16

CALORIES



139 kcal

BEVERAGE

DRINK

Ingredients

- 1.5 tablespoons chocolate syrup
- 3 eggs
- 0.3 cup non-dairy creamer like mimiccreme
- 14 ounce condensed milk sweetened canned
- 1 drop vanilla extract
- 1 cup irish whiskey

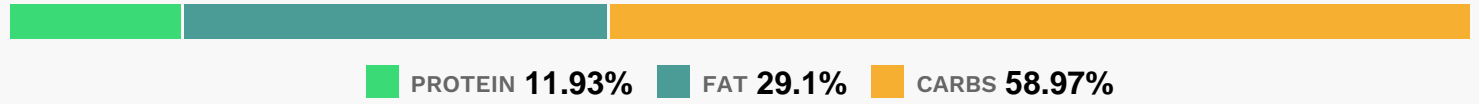
Equipment

- blender

Directions

- Pour all ingredients into a blender and blend on high until mixed.
- Pour into a sealable container and store in the refrigerator.
- Serve in shot glasses.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:8.23, Inflammation Score:-1, Nutrition Score:2.6700000140978%

Nutrients (% of daily need)

Calories: 138.65kcal (6.93%), Fat: 3.34g (5.13%), Saturated Fat: 1.7g (10.64%), Carbohydrates: 15.22g (5.07%), Net Carbohydrates: 15.17g (5.52%), Sugar: 14.9g (16.55%), Cholesterol: 39.12mg (13.04%), Sodium: 47.08mg (2.05%), Alcohol: 5.31g (100%), Alcohol %: 12.6% (100%), Protein: 3.08g (6.16%), Selenium: 6.27µg (8.96%), Phosphorus: 84.36mg (8.44%), Vitamin B2: 0.14mg (8.35%), Calcium: 75.67mg (7.57%), Potassium: 114.93mg (3.28%), Vitamin B5: 0.31mg (3.13%), Vitamin B12: 0.18µg (3.04%), Zinc: 0.36mg (2.38%), Vitamin A: 111.34IU (2.23%), Magnesium: 8.66mg (2.16%), Vitamin B1: 0.03mg (1.8%), Folate: 6.64µg (1.66%), Vitamin D: 0.21µg (1.43%), Vitamin B6: 0.03mg (1.34%), Iron: 0.24mg (1.31%), Copper: 0.02mg (1.07%), Vitamin E: 0.16mg (1.05%)