



Irish Cream Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



124 kcal

SAUCE

Ingredients

- 3 tablespoons irish cream liqueur (with bailey's)
- 0.8 cup whipped cream french
- 0.3 cup whipping cream

Equipment

- bowl
- microwave

Directions

- Place ice cream in a microwave-safe bowl; microwave at HIGH 30 seconds or just until melted. Stir in Irish cream; fold in whipped cream. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:12.2, Glycemic Load:2.77, Inflammation Score:-2, Nutrition Score:1.432608699669%

Nutrients (% of daily need)

Calories: 124.36kcal (6.22%), Fat: 9.08g (13.96%), Saturated Fat: 5.71g (35.71%), Carbohydrates: 7.37g (2.46%), Net Carbohydrates: 7.23g (2.63%), Sugar: 6.46g (7.18%), Cholesterol: 26.64mg (8.88%), Sodium: 20.13mg (0.88%), Alcohol: 1.22g (100%), Alcohol %: 3.45% (100%), Protein: 1.41g (2.83%), Vitamin A: 316.6IU (6.33%), Vitamin B2: 0.08mg (4.55%), Calcium: 35.82mg (3.58%), Phosphorus: 29.99mg (3%), Vitamin D: 0.29µg (1.96%), Vitamin B12: 0.1µg (1.71%), Potassium: 54.48mg (1.56%), Vitamin B5: 0.16mg (1.55%), Vitamin E: 0.21mg (1.37%), Selenium: 0.83µg (1.19%), Zinc: 0.17mg (1.16%)