



Mississippi Mud Pie Spiked Milkshake Shots

READY IN



10 min.

SERVINGS



6

CALORIES



475 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup bourbon
- ☐ 0.3 cup chocolate-covered espresso beans plain with a mortar and pestle crushed
- ☐ 1 pint ice-cream chocolate shell softened
- ☐ 1 pint coffee ice cream softened
- ☐ 12 marshmallows toasted
- ☐ 0.5 cup milk whole very cold

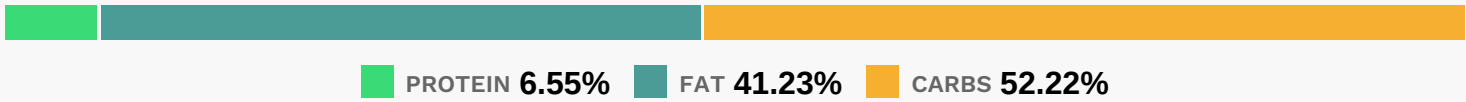
Equipment

- ☐ blender

Directions

- ☐ Combine the chocolate and coffee ice creams, bourbon and milk in a blender and blend until smooth.
- ☐ Pour into small glasses.
- ☐ Sprinkle some crushed espresso beans on top. Tear the marshmallows a bit to expose the gooey insides, and put two on top of each glass.

Nutrition Facts



Properties

Glycemic Index:37.42, Glycemic Load:28.9, Inflammation Score:-5, Nutrition Score:8.3586957014125%

Nutrients (% of daily need)

Calories: 474.76kcal (23.74%), Fat: 20.15g (31.01%), Saturated Fat: 12.17g (76.04%), Carbohydrates: 57.43g (19.14%), Net Carbohydrates: 55.39g (20.14%), Sugar: 48.8g (54.22%), Cholesterol: 64.87mg (21.62%), Sodium: 143.92mg (6.26%), Alcohol: 6.68g (100%), Alcohol %: 3.86% (100%), Caffeine: 61.79mg (20.6%), Protein: 7.21g (14.41%), Vitamin B2: 0.39mg (22.95%), Calcium: 219.42mg (21.94%), Phosphorus: 199.21mg (19.92%), Vitamin A: 693.02IU (13.86%), Potassium: 409.13mg (11.69%), Magnesium: 44.21mg (11.05%), Vitamin B12: 0.65µg (10.77%), Vitamin B5: 0.98mg (9.79%), Copper: 0.18mg (9.12%), Fiber: 2.04g (8.17%), Manganese: 0.16mg (8.09%), Zinc: 1.19mg (7.95%), Selenium: 4.21µg (6.02%), Iron: 1.04mg (5.75%), Vitamin B1: 0.08mg (5.3%), Vitamin B6: 0.1mg (4.85%), Folate: 16.91µg (4.23%), Vitamin D: 0.54µg (3.59%), Vitamin E: 0.5mg (3.33%), Vitamin B3: 0.35mg (1.73%), Vitamin C: 1.03mg (1.24%)