



Mississippi Mudslides

READY IN



10 min.

SERVINGS



10

CALORIES



354 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup bourbon
- ☐ 1 pt ice-cream chocolate shell
- ☐ 1 pt coffee ice cream
- ☐ 1 cup milk
- ☐ 10 servings toppings: whipped cream

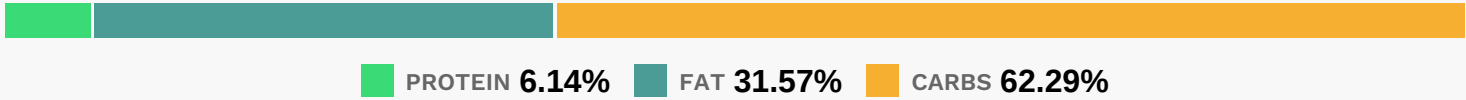
Equipment

- ☐ blender

Directions

- ☐ Process first 4 ingredients in a blender until smooth.
- ☐ Serve with desired toppings.

Nutrition Facts



Properties

Glycemic Index:16.4, Glycemic Load:13.43, Inflammation Score:-4, Nutrition Score:7.034347863301%

Nutrients (% of daily need)

Calories: 354.11kcal (17.71%), Fat: 11.64g (17.91%), Saturated Fat: 7.09g (44.32%), Carbohydrates: 51.69g (17.23%), Net Carbohydrates: 49.75g (18.09%), Sugar: 43.08g (47.87%), Cholesterol: 39.84mg (13.28%), Sodium: 112.01mg (4.87%), Alcohol: 4.01g (100%), Alcohol %: 2.97% (100%), Caffeine: 3.82mg (1.27%), Protein: 5.09g (10.19%), Phosphorus: 177.04mg (17.7%), Vitamin B2: 0.26mg (15.27%), Calcium: 147.75mg (14.78%), Copper: 0.28mg (14.12%), Magnesium: 49.27mg (12.32%), Manganese: 0.23mg (11.3%), Potassium: 338.42mg (9.67%), Vitamin A: 435.58IU (8.71%), Fiber: 1.94g (7.76%), Vitamin B12: 0.45µg (7.56%), Iron: 1.33mg (7.4%), Zinc: 1mg (6.65%), Vitamin B5: 0.63mg (6.33%), Selenium: 3.06µg (4.37%), Vitamin B1: 0.06mg (3.82%), Vitamin B6: 0.07mg (3.31%), Vitamin D: 0.46µg (3.05%), Folate: 10.74µg (2.68%), Vitamin E: 0.3mg (2.03%), Vitamin B3: 0.32mg (1.59%)