



Mocha Liqueur Shake



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



399 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 cup rum / brandy / coffee liqueur flavored
- 4 cubes ice cubes
- 0.8 cup rum light
- 1 pint whipped cream

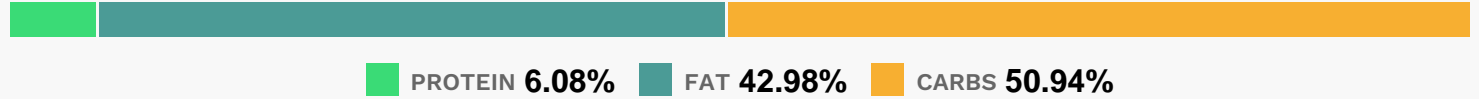
Equipment

- blender

Directions

- In a blender, combine rum, coffee liqueur and ice cream. Insert ice cubes until volume reaches 5 cups. Blend until smooth.
- Pour into chilled glasses, and serve.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:16.52, Inflammation Score:-5, Nutrition Score:4.7430434810079%

Nutrients (% of daily need)

Calories: 399.41kcal (19.97%), Fat: 13.06g (20.09%), Saturated Fat: 8.05g (50.29%), Carbohydrates: 34.82g (11.61%), Net Carbohydrates: 33.99g (12.36%), Sugar: 31.98g (35.53%), Cholesterol: 52.05mg (17.35%), Sodium: 96.97mg (4.22%), Alcohol: 18.23g (100%), Alcohol %: 12.03% (100%), Protein: 4.16g (8.31%), Vitamin B2: 0.29mg (16.81%), Calcium: 151.84mg (15.18%), Phosphorus: 126.01mg (12.6%), Vitamin A: 498.02IU (9.96%), Vitamin B12: 0.46µg (7.69%), Vitamin B5: 0.69mg (6.87%), Potassium: 236.31mg (6.75%), Zinc: 0.84mg (5.57%), Magnesium: 16.7mg (4.18%), Vitamin B1: 0.05mg (3.41%), Fiber: 0.83g (3.31%), Selenium: 2.13µg (3.04%), Vitamin B6: 0.06mg (2.86%), Vitamin E: 0.35mg (2.37%), Copper: 0.04mg (1.94%), Vitamin D: 0.24µg (1.58%), Folate: 5.91µg (1.48%)