



Mocha Mud Slide Malts

READY IN



45 min.

SERVINGS



6

CALORIES



494 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup chocolate-flavored malted milk instant divided
- ☐ 0.5 cup commercial fudge sauce hot divided
- ☐ 1 teaspoon coffee granules instant
- ☐ 0.3 cup kahlua divided
- ☐ 6 cream-filled chocolate sandwich cookies coarsely chopped
- ☐ 6 cups whipped cream divided
- ☐ 1 cup milk whole

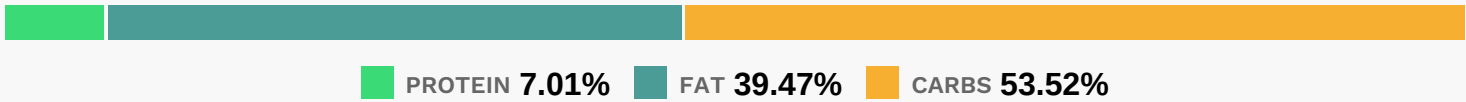
Equipment

☐ blender

Directions

- ☐ Combine milk and coffee granules, stirring until granules dissolve.
- ☐ Pour half of milk mixture into container of an electric blender; add half each of ice cream, fudge sauce, malted milk, and liqueur. Cover and process until smooth, stopping once to scrape down sides.
- ☐ Add remaining half of milk mixture, ice cream, fudge sauce, malted milk, and liqueur. Cover and process until smooth. Stir in chopped cookies.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:19.85, Inflammation Score:-5, Nutrition Score:10.188695700272%

Nutrients (% of daily need)

Calories: 493.6kcal (24.68%), Fat: 21.1g (32.47%), Saturated Fat: 11.85g (74.08%), Carbohydrates: 64.38g (21.46%), Net Carbohydrates: 62.23g (22.63%), Sugar: 50.23g (55.81%), Cholesterol: 65.71mg (21.9%), Sodium: 268.61mg (11.68%), Alcohol: 2.13g (100%), Alcohol %: 1.12% (100%), Caffeine: 7.82mg (2.61%), Protein: 8.44g (16.87%), Vitamin B2: 0.46mg (26.97%), Calcium: 257.48mg (25.75%), Phosphorus: 236.95mg (23.7%), Vitamin B12: 0.82µg (13.64%), Potassium: 464.4mg (13.27%), Vitamin A: 642.76IU (12.86%), Magnesium: 44.41mg (11.1%), Iron: 1.96mg (10.87%), Vitamin B5: 1.05mg (10.46%), Manganese: 0.21mg (10.32%), Zinc: 1.46mg (9.75%), Vitamin E: 1.39mg (9.29%), Copper: 0.17mg (8.64%), Fiber: 2.15g (8.59%), Vitamin B1: 0.12mg (7.79%), Selenium: 4.77µg (6.82%), Vitamin D: 0.98µg (6.55%), Vitamin B6: 0.1mg (5.22%), Vitamin K: 4.51µg (4.29%), Folate: 15.98µg (3.99%), Vitamin B3: 0.64mg (3.22%), Vitamin C: 1.03mg (1.25%)