

Mocha Mudslides

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



235 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 ounce bittersweet chocolate grated
- 0.5 teaspoon coffee granules instant
- 0.3 cup kahlua (coffee-flavored liqueur)
- 2 cups ice-cream chocolate shell low-fat softened
- 0.5 cup chocolate milk 1% low-fat
- 0.5 teaspoon vanilla extract

Equipment

- bowl

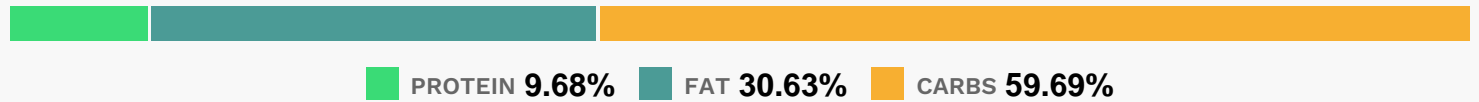
whisk

Directions

Combine all ingredients in a medium bowl; stir with a whisk until blended.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:5.25, Glycemic Load:3.97, Inflammation Score:-4, Nutrition Score:4.5447826307753%

Nutrients (% of daily need)

Calories: 235.11kcal (11.76%), Fat: 7.21g (11.1%), Saturated Fat: 4.32g (26.98%), Carbohydrates: 31.64g (10.55%), Net Carbohydrates: 30.71g (11.17%), Sugar: 30.15g (33.49%), Cholesterol: 23.06mg (7.69%), Sodium: 75.9mg (3.3%), Alcohol: 3.37g (100%), Alcohol %: 3.39% (100%), Caffeine: 8.81mg (2.94%), Protein: 5.13g (10.26%), Calcium: 163.58mg (16.36%), Vitamin B2: 0.18mg (10.44%), Phosphorus: 102.7mg (10.27%), Vitamin A: 386.02IU (7.72%), Manganese: 0.15mg (7.55%), Copper: 0.13mg (6.59%), Magnesium: 25.97mg (6.49%), Potassium: 208.21mg (5.95%), Iron: 0.83mg (4.59%), Zinc: 0.56mg (3.71%), Fiber: 0.92g (3.69%), Selenium: 2.58µg (3.68%), Vitamin B12: 0.18µg (3.08%), Vitamin B5: 0.29mg (2.92%), Vitamin D: 0.42µg (2.8%), Vitamin B1: 0.03mg (1.89%), Vitamin B6: 0.03mg (1.68%), Vitamin C: 1.04mg (1.26%), Vitamin E: 0.17mg (1.15%), Vitamin B3: 0.2mg (1.01%)