



Porter Float

 Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



184 kcal

Ingredients

- 1 serving mint leaves fresh
- 3 tablespoon porter
- 1 serving raspberries fresh
- 1 serving whipped cream

Equipment

Directions

Top premium vanilla ice cream with a few tablespoonfuls of a creamy porter or stout (such as Samuel Smith Oatmeal Stout).

Add a sprinkle of fresh raspberries and a fresh mint sprig for a quick and creative dessert.

Nutrition Facts

PROTEIN 7.22% **FAT 38.67%** **CARBS 54.11%**

Properties

Glycemic Index:87, Glycemic Load:10.06, Inflammation Score:-5, Nutrition Score:6.7004348298778%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 184.36kcal (9.22%), Fat: 7.66g (11.78%), Saturated Fat: 4.5g (28.1%), Carbohydrates: 24.12g (8.04%), Net Carbohydrates: 19.68g (7.16%), Sugar: 16.64g (18.49%), Cholesterol: 29.04mg (9.68%), Sodium: 53.71mg (2.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.43%), Manganese: 0.42mg (20.95%), Vitamin C: 16.43mg (19.92%), Fiber: 4.44g (17.77%), Vitamin B2: 0.18mg (10.82%), Calcium: 101.91mg (10.19%), Phosphorus: 87.43mg (8.74%), Vitamin A: 340.14IU (6.8%), Potassium: 227.63mg (6.5%), Vitamin B5: 0.58mg (5.84%), Magnesium: 23.24mg (5.81%), Vitamin E: 0.72mg (4.8%), Zinc: 0.72mg (4.79%), Vitamin K: 4.88µg (4.65%), Vitamin B12: 0.26µg (4.29%), Folate: 17.04µg (4.26%), Copper: 0.07mg (3.62%), Vitamin B6: 0.07mg (3.3%), Vitamin B1: 0.05mg (3.14%), Iron: 0.52mg (2.91%), Vitamin B3: 0.45mg (2.26%), Selenium: 1.31µg (1.87%)