

Pumpkin Beer Float



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



352 kcal

Ingredients



2 scoops whipped cream



2 scoops ice-cream chocolate shell



12 oz beer ()

Equipment

Directions

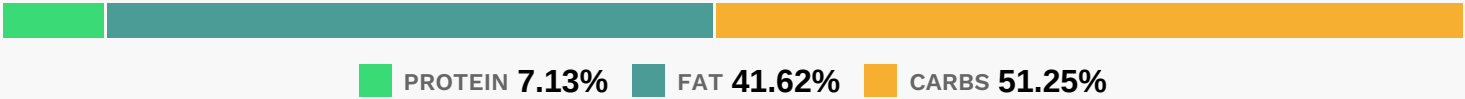


In each of 2 drinking glasses, place 1 scoop vanilla and 1 scoop chocolate ice cream.



Pour pumpkin beer over ice cream.

Nutrition Facts



Properties

Glycemic Index:75.75, Glycemic Load:20.58, Inflammation Score:-7, Nutrition Score:6.9113043546677%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 352.32kcal (17.62%), Fat: 14.52g (22.34%), Saturated Fat: 8.97g (56.06%), Carbohydrates: 40.23g (13.41%), Net Carbohydrates: 38.97g (14.17%), Sugar: 30.76g (34.17%), Cholesterol: 51.48mg (17.16%), Sodium: 109.76mg (4.77%), Alcohol: 6.63g (100%), Alcohol %: 2.78% (100%), Protein: 5.6g (11.2%), Vitamin B2: 0.33mg (19.35%), Phosphorus: 163.73mg (16.37%), Calcium: 163.22mg (16.32%), Vitamin A: 552.42IU (11.05%), Potassium: 341.61mg (9.76%), Magnesium: 38.59mg (9.65%), Vitamin B5: 0.82mg (8.19%), Vitamin B12: 0.48µg (8.05%), Vitamin B6: 0.15mg (7.31%), Folate: 24.07µg (6.02%), Zinc: 0.86mg (5.7%), Copper: 0.11mg (5.64%), Manganese: 0.11mg (5.56%), Selenium: 3.86µg (5.51%), Vitamin B3: 1.1mg (5.49%), Fiber: 1.25g (5.02%), Vitamin B1: 0.06mg (4.22%), Iron: 0.71mg (3.93%), Vitamin E: 0.4mg (2.64%), Vitamin D: 0.26µg (1.76%), Vitamin C: 0.86mg (1.04%)