



Raspberry Truffle Cocktail

 Gluten Free

READY IN



10 min.

SERVINGS



1

CALORIES



310 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 cup vanilla almond milk fat-free cold
- 1 serving cocoa powder
- 1 cup chocolate milk 2%
- 0.5 ounce raspberry liqueur
- 1 ounce vodka

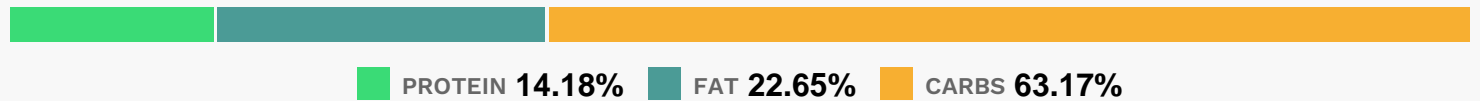
Equipment

- bowl
- sauce pan

Directions

- Place chocolate almond milk in a small saucepan; heat through.
- Add vodka and raspberry liqueur; transfer to a mug.
- Pour vanilla almond milk into a small bowl. With a frother, blend until foamy. Spoon foam into mug.
- Sprinkle with cocoa if desired.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:10.423478222412%

Flavonoids

Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg Epicatechin: 2.61mg, Epicatechin: 2.61mg, Epicatechin: 2.61mg, Epicatechin: 2.61mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 310.18kcal (15.51%), Fat: 5.68g (8.74%), Saturated Fat: 3.05g (19.04%), Carbohydrates: 35.64g (11.88%), Net Carbohydrates: 33.34g (12.12%), Sugar: 28.52g (31.69%), Cholesterol: 20mg (6.67%), Sodium: 247.88mg (10.78%), Alcohol: 13.15g (100%), Alcohol %: 4.68% (100%), Caffeine: 8.49mg (2.83%), Protein: 8g (16%), Calcium: 348.92mg (34.89%), Vitamin B2: 0.46mg (27.27%), Phosphorus: 264.61mg (26.46%), Vitamin D: 3µg (20%), Vitamin B12: 0.82µg (13.75%), Vitamin B5: 1.35mg (13.5%), Potassium: 442.24mg (12.64%), Selenium: 8.69µg (12.41%), Copper: 0.23mg (11.7%), Vitamin A: 567.5IU (11.35%), Magnesium: 40.42mg (10.1%), Manganese: 0.2mg (9.79%), Fiber: 2.31g (9.23%), Vitamin B1: 0.12mg (7.68%), Zinc: 1.05mg (6.98%), Iron: 0.75mg (4.17%), Vitamin B6: 0.06mg (3.06%), Vitamin B3: 0.45mg (2.26%), Folate: 5.32µg (1.33%)