



Red Velvet Cookie Cocktail

READY IN



5 min.

SERVINGS



1

CALORIES



418 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup whipped cream
- ☐ 0.3 cup milk
- ☐ 3 tablespoons vodka
- ☐ 1 serving john d. taylor's velvet falernum red crumbled

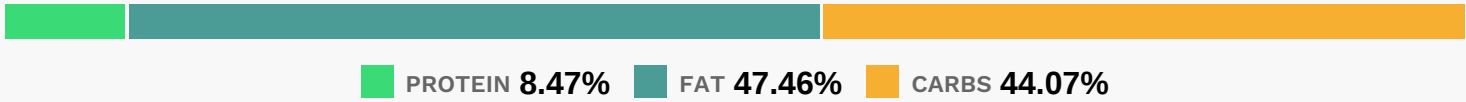
Equipment

- ☐ blender

Directions

- ☐ In blender, blend ice cream, milk and vodka until smooth.
- ☐ Pour in chilled glass. Top with crumbled cookie.

Nutrition Facts



Properties

Glycemic Index:114, Glycemic Load:19.52, Inflammation Score:-5, Nutrition Score:7.3134782754857%

Nutrients (% of daily need)

Calories: 418.07kcal (20.9%), Fat: 16.63g (25.58%), Saturated Fat: 10.13g (63.31%), Carbohydrates: 34.73g (11.58%), Net Carbohydrates: 33.78g (12.28%), Sugar: 31.3g (34.78%), Cholesterol: 65.4mg (21.8%), Sodium: 137.48mg (5.98%), Alcohol: 15.03g (100%), Alcohol %: 7.97% (100%), Protein: 6.68g (13.36%), Calcium: 245.49mg (24.55%), Vitamin B2: 0.41mg (23.87%), Phosphorus: 205.16mg (20.52%), Vitamin B12: 0.84µg (14.07%), Vitamin A: 654.57IU (13.09%), Potassium: 357.93mg (10.23%), Vitamin B5: 1mg (9.96%), Zinc: 1.17mg (7.79%), Magnesium: 26.27mg (6.57%), Vitamin D: 0.94µg (6.23%), Vitamin B1: 0.09mg (6.15%), Selenium: 3.66µg (5.23%), Vitamin B6: 0.1mg (5.05%), Fiber: 0.95g (3.79%), Vitamin E: 0.44mg (2.92%), Copper: 0.04mg (1.97%), Folate: 7.22µg (1.8%), Vitamin B3: 0.23mg (1.17%)