



Root Beer Floats

 Gluten Free

READY IN



5 min.

SERVINGS



8

CALORIES



495 kcal

SIDE DISH

Ingredients

- 0.5 cup heavy cream
- 1.5 liters root beer
- 1.5 quarts whipped cream

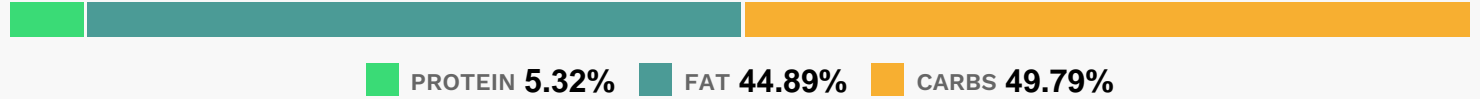
Equipment

- bowl
- drinking straws

Directions

- In a chilled bowl, whip cream until soft peaks form. Put 2 scoops of ice cream into each of 8 tall, chilled glasses. Slowly pour in root beer. Top each with whipped cream.
- Serve with a straw and a long spoon.

Nutrition Facts



Properties

Glycemic Index:7.63, Glycemic Load:24.79, Inflammation Score:-5, Nutrition Score:7.8234782348508%

Nutrients (% of daily need)

Calories: 494.56kcal (24.73%), Fat: 24.89g (38.29%), Saturated Fat: 15.47g (96.68%), Carbohydrates: 62.12g (20.71%), Net Carbohydrates: 60.88g (22.14%), Sugar: 57.88g (64.31%), Cholesterol: 94.88mg (31.63%), Sodium: 170.28mg (7.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.63g (13.27%), Vitamin B2: 0.45mg (26.7%), Calcium: 246.29mg (24.63%), Phosphorus: 194.94mg (19.49%), Vitamin A: 965.69IU (19.31%), Vitamin B12: 0.72µg (11.93%), Vitamin B5: 1.07mg (10.69%), Potassium: 369.11mg (10.55%), Zinc: 1.39mg (9.27%), Magnesium: 27.75mg (6.94%), Selenium: 3.83µg (5.47%), Vitamin B1: 0.08mg (5.05%), Fiber: 1.24g (4.97%), Vitamin B6: 0.09mg (4.52%), Vitamin E: 0.67mg (4.46%), Vitamin D: 0.59µg (3.95%), Copper: 0.06mg (2.78%), Folate: 9.47µg (2.37%), Manganese: 0.04mg (1.93%), Iron: 0.27mg (1.49%), Vitamin C: 1.15mg (1.4%), Vitamin B3: 0.22mg (1.08%)