



Rum-Almond Floats

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



429 kcal

Ingredients

- 2.3 oz almond paste divided
- 2 bottles creme de cassis cold divided
- 5 cups vanilla yogurt frozen divided
- 0.5 cup rum divided

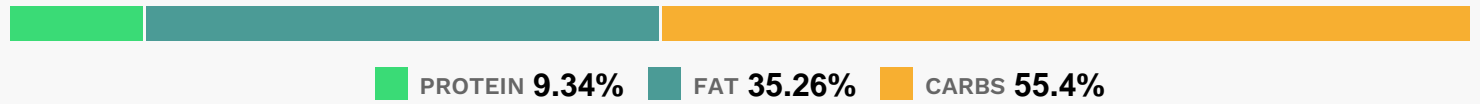
Equipment

Directions

- Form 1/4 cup (2 1/4 oz.) almond paste into 1/4-inch balls.

- Scoop 5 cups vanilla frozen yogurt equally into 4 glasses (each 16 oz.) and top equally with almond paste balls.
- Add 2 tablespoons rum (1/2 cup total) to each glass, then slowly fill with cold cream soda, about 2 bottles (12 oz. each) total.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:9.4056521602299%

Nutrients (% of daily need)

Calories: 428.79kcal (21.44%), Fat: 14.5g (22.3%), Saturated Fat: 6.58g (41.1%), Carbohydrates: 51.25g (17.08%), Net Carbohydrates: 50.48g (18.36%), Sugar: 49.04g (54.49%), Cholesterol: 3.6mg (1.2%), Sodium: 158.4mg (6.89%), Alcohol: 10.02g (100%), Alcohol %: 5.61% (100%), Protein: 8.64g (17.27%), Calcium: 284.85mg (28.49%), Vitamin B2: 0.47mg (27.67%), Phosphorus: 274.54mg (27.45%), Vitamin E: 2.35mg (15.67%), Potassium: 430.48mg (12.3%), Vitamin B5: 1.18mg (11.79%), Magnesium: 45.94mg (11.48%), Selenium: 6.61µg (9.44%), Vitamin B12: 0.52µg (8.7%), Manganese: 0.16mg (8.18%), Vitamin A: 381.6IU (7.63%), Copper: 0.15mg (7.54%), Vitamin B6: 0.15mg (7.5%), Zinc: 1mg (6.7%), Folate: 22.44µg (5.61%), Vitamin B1: 0.08mg (5.43%), Iron: 0.81mg (4.49%), Vitamin B3: 0.75mg (3.73%), Fiber: 0.77g (3.06%), Vitamin C: 1.46mg (1.76%), Vitamin D: 0.18µg (1.2%)