



Silly Pink Rabbit Adult Malts

 Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



519 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups whipped cream
- 2 tablespoons creme de cacao liqueur white
- 2 tablespoons creme de cassis
- 1 tablespoon vodka
- 0.5 cup corn flakes/bran flakes

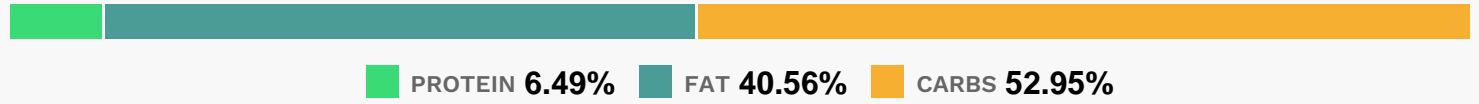
Equipment

- blender

Directions

- In blender, place all ingredients except cereal. Cover; blend until smooth.
- Add cereal; cover and blend until smooth.
- Pour into 2 glasses. If desired, top with whipped cream and additional cereal.

Nutrition Facts



Properties

Glycemic Index:74.13, Glycemic Load:32.15, Inflammation Score:-7, Nutrition Score:13.640000060849%

Nutrients (% of daily need)

Calories: 518.84kcal (25.94%), Fat: 21.99g (33.83%), Saturated Fat: 13.48g (84.28%), Carbohydrates: 64.58g (21.53%), Net Carbohydrates: 61.37g (22.31%), Sugar: 50.02g (55.57%), Cholesterol: 87.12mg (29.04%), Sodium: 214.25mg (9.32%), Alcohol: 5.31g (100%), Alcohol %: 2.75% (100%), Protein: 7.92g (15.84%), Vitamin B2: 0.62mg (36.22%), Calcium: 258.58mg (25.86%), Phosphorus: 253.18mg (25.32%), Vitamin A: 1083.58IU (21.67%), Vitamin B12: 1.27µg (21.2%), Folate: 76.6µg (19.15%), Manganese: 0.37mg (18.73%), Iron: 2.99mg (16.59%), Vitamin B1: 0.21mg (14.1%), Vitamin B6: 0.26mg (13.25%), Fiber: 3.22g (12.86%), Potassium: 447.54mg (12.79%), Magnesium: 50.77mg (12.69%), Selenium: 8.81µg (12.59%), Zinc: 1.88mg (12.51%), Vitamin B5: 1.24mg (12.37%), Vitamin B3: 1.9mg (9.5%), Copper: 0.1mg (4.87%), Vitamin D: 0.73µg (4.84%), Vitamin E: 0.67mg (4.47%), Vitamin C: 1.19mg (1.44%)