



Sombros

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



349 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pint ice-cream chocolate shell
- ☐ 0.5 cup rum / brandy / coffee liqueur
- ☐ 5 servings ground cinnamon
- ☐ 2 cups milk

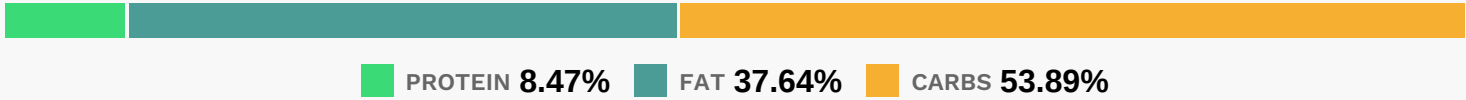
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Process first 3 ingredients in a food processor or blender until smooth.
- ☐ Sprinkle each serving with ground cinnamon.

Nutrition Facts



Properties

Glycemic Index:18.6, Glycemic Load:14.54, Inflammation Score:-5, Nutrition Score:8.9934782981873%

Nutrients (% of daily need)

Calories: 348.86kcal (17.44%), Fat: 13.63g (20.97%), Saturated Fat: 8.28g (51.76%), Carbohydrates: 43.9g (14.63%), Net Carbohydrates: 41.7g (15.17%), Sugar: 39.82g (44.24%), Cholesterol: 43.89mg (14.63%), Sodium: 111.1mg (4.83%), Alcohol: 5.12g (100%), Alcohol %: 2.98% (100%), Protein: 6.9g (13.8%), Calcium: 243.24mg (24.32%), Manganese: 0.49mg (24.29%), Phosphorus: 201.12mg (20.11%), Vitamin B2: 0.32mg (18.77%), Vitamin B12: 0.8µg (13.36%), Potassium: 390.66mg (11.16%), Vitamin A: 557.69IU (11.15%), Magnesium: 40.36mg (10.09%), Vitamin B5: 0.9mg (8.95%), Fiber: 2.2g (8.79%), Vitamin D: 1.26µg (8.42%), Copper: 0.14mg (6.78%), Zinc: 0.99mg (6.57%), Vitamin B1: 0.09mg (6.32%), Selenium: 4.28µg (6.12%), Iron: 1.05mg (5.81%), Vitamin B6: 0.11mg (5.74%), Folate: 15.26µg (3.82%), Vitamin E: 0.38mg (2.53%), Vitamin B3: 0.34mg (1.71%), Vitamin K: 1.2µg (1.14%)