

## Spiked Milkshakes

 Vegetarian

READY IN



5 min.

SERVINGS



6

CALORIES



656 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 12 ounces bittersweet chocolate shaved
- ☐ 6 scoops ice-cream chocolate shell
- ☐ 6 tablespoons malt powder for garnish
- ☐ 3 tablespoons coffee-bean granita crushed recommended: espresso roast beans
- ☐ 6 ounces coffee-flavored liqueur recommended: Kahlua
- ☐ 6 ounces rum dark
- ☐ 12 ounces seltzer

### Equipment

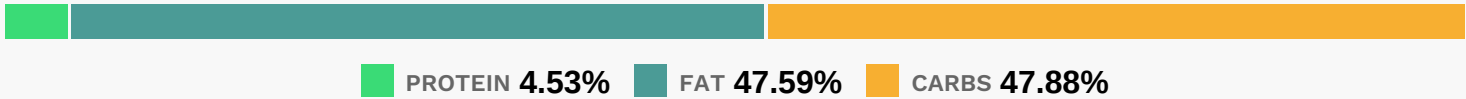
☐

blender

## Directions

- ☐ In a blender, combine the coffee liqueur, dark rum, malt, ice cream and chocolate shavings. Blend until frothy.
- ☐ Pour into 6 glasses, top off with 2 ounces of seltzer, and garnish with the crushed coffee beans and a pinch of malt and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:10.83, Glycemic Load:8.91, Inflammation Score:-6, Nutrition Score:12.29869564979%

## Nutrients (% of daily need)

Calories: 656.18kcal (32.81%), Fat: 29.33g (45.12%), Saturated Fat: 17.14g (107.12%), Carbohydrates: 66.38g (22.13%), Net Carbohydrates: 60.79g (22.11%), Sugar: 54.51g (60.57%), Cholesterol: 25.9mg (8.63%), Sodium: 80.74mg (3.51%), Alcohol: 15.62g (100%), Alcohol %: 7.95% (100%), Caffeine: 63.35mg (21.12%), Protein: 6.29g (12.57%), Manganese: 0.85mg (42.47%), Copper: 0.82mg (40.85%), Magnesium: 123.35mg (30.84%), Iron: 4.34mg (24.11%), Phosphorus: 228.8mg (22.88%), Fiber: 5.59g (22.37%), Potassium: 521.51mg (14.9%), Zinc: 2mg (13.32%), Calcium: 113.23mg (11.32%), Vitamin B2: 0.17mg (9.88%), Selenium: 6.79µg (9.7%), Vitamin A: 309.34IU (6.19%), Vitamin B5: 0.55mg (5.53%), Vitamin B12: 0.32µg (5.28%), Vitamin K: 4.42µg (4.21%), Vitamin B1: 0.06mg (3.81%), Vitamin B3: 0.74mg (3.69%), Vitamin E: 0.54mg (3.61%), Vitamin B6: 0.06mg (3.22%), Folate: 12.6µg (3.15%)