



Spirited Cooking: Port, Chocolate, and Blackberry Milkshake

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



890 kcal

DESSERT

BEVERAGE

DRINK

Ingredients

- ☐ 10 ounces blackberries frozen
- ☐ 5 tablespoons butter
- ☐ 3 tablespoons chocolate syrup (recipe below)
- ☐ 1 cup chocolate dark finely chopped (60-70% cacao)
- ☐ 1 cup milk
- ☐ 1 teaspoon orange zest freshly grated
- ☐ 1 cup port wine

- ☐ 2 tablespoons sugar
- ☐ 0.5 teaspoon vanilla
- ☐ 4 cups whipped cream homemade store-bought

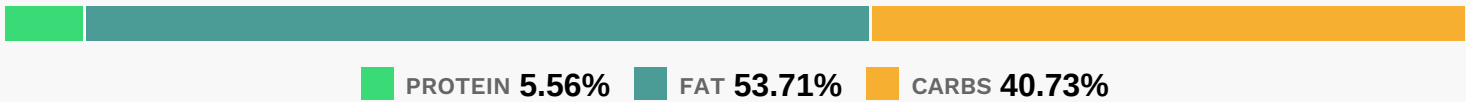
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Combine port and orange zest in a small saucepan over medium heat. Simmer until the liquid is reduced to 1/2 cup, 5 to 10 minutes. Reduce heat to low, slowly add butter and chocolate, stirring frequently until completely melted.
- ☐ Remove from heat and add vanilla extract. Set aside for milkshake.
- ☐ To make milkshake, place blackberries and sugar in a small saucepan over medium-high heat. Cook until sugar is dissolved and fruit begins to soften, 3 to 5 minutes.
- ☐ Add berries to blender along with ice cream, milk, and 3 tablespoons of the Port Chocolate Syrup. Blend on high speed until fully combined, scraping down the sides as needed. Immediately pour into glasses and serve.

Nutrition Facts



Properties

Glycemic Index:66.77, Glycemic Load:28, Inflammation Score:-9, Nutrition Score:23.161739142045%

Flavonoids

Cyanidin: 70.84mg, Cyanidin: 70.84mg, Cyanidin: 70.84mg, Cyanidin: 70.84mg Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 2.34mg, Delphinidin: 2.34mg, Delphinidin: 2.34mg, Delphinidin: 2.34mg Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg Peonidin: 2.51mg, Peonidin: 2.51mg, Peonidin: 2.51mg, Peonidin: 2.51mg Catechin: 32.18mg, Catechin: 32.18mg, Catechin: 32.18mg, Catechin: 32.18mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 7.84mg, Epicatechin: 7.84mg, Epicatechin: 7.84mg, Epicatechin: 7.84mg Epigallocatechin 3-gallate:

0.48mg, Epigallocatechin 3–gallate: 0.48mg, Epigallocatechin 3–gallate: 0.48mg, Epigallocatechin 3–gallate: 0.48mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

Nutrients (% of daily need)

Calories: 890.29kcal (44.51%), Fat: 49.85g (76.7%), Saturated Fat: 29.89g (186.84%), Carbohydrates: 85.05g (28.35%), Net Carbohydrates: 75.16g (27.33%), Sugar: 63.05g (70.06%), Cholesterol: 104.34mg (34.78%), Sodium: 267.08mg (11.61%), Alcohol: 9.35g (100%), Alcohol %: 2.91% (100%), Caffeine: 35.9mg (11.97%), Protein: 11.61g (23.21%), Manganese: 1.45mg (72.66%), Copper: 1.03mg (51.28%), Fiber: 9.89g (39.57%), Magnesium: 155.39mg (38.85%), Phosphorus: 379.64mg (37.96%), Iron: 6.24mg (34.64%), Calcium: 308.5mg (30.85%), Vitamin B2: 0.48mg (28.23%), Vitamin A: 1262.7IU (25.25%), Potassium: 876.73mg (25.05%), Zinc: 3.15mg (21.03%), Vitamin C: 16.39mg (19.86%), Vitamin K: 19.11µg (18.2%), Vitamin B12: 1µg (16.61%), Vitamin B5: 1.42mg (14.16%), Vitamin E: 1.92mg (12.83%), Selenium: 7.52µg (10.74%), Vitamin B1: 0.13mg (8.73%), Vitamin B6: 0.14mg (7.04%), Vitamin B3: 1.33mg (6.63%), Folate: 25.29µg (6.32%), Vitamin D: 0.94µg (6.23%)