

## Stout Floats

 Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



457 kcal

DESSERT

### Ingredients

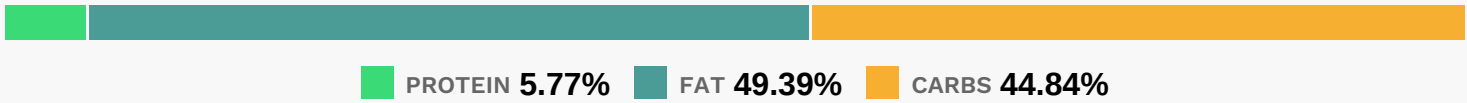
- ☐ 6 tablespoons blackberry brandy
- ☐ 4 ounce porter such as oatmeal stout, chocolate-style beer, or guinness chilled
- ☐ 2 pints superpremium vanilla ice cream

### Equipment

### Directions

Divide ice cream among 6 (16-ounce) glasses, then add 1 tablespoon brandy to each. Slowly pour 8 ounces stout into each glass.

## Nutrition Facts



## Properties

Glycemic Index:19.77, Glycemic Load:26.45, Inflammation Score:-5, Nutrition Score:7.7895650656327%

## Nutrients (% of daily need)

Calories: 456.96kcal (22.85%), Fat: 23.81g (36.64%), Saturated Fat: 14.5g (90.65%), Carbohydrates: 48.64g (16.21%), Net Carbohydrates: 46.49g (16.91%), Sugar: 43.17g (47.96%), Cholesterol: 69.4mg (23.13%), Sodium: 129.35mg (5.62%), Alcohol: 5.01g (100%), Alcohol %: 3.31% (100%), Caffeine: 12.47mg (4.16%), Protein: 6.26g (12.51%), Vitamin B2: 0.42mg (24.97%), Calcium: 206.42mg (20.64%), Phosphorus: 193.99mg (19.4%), Vitamin A: 664.02IU (13.28%), Magnesium: 43.44mg (10.86%), Potassium: 368.98mg (10.54%), Vitamin B12: 0.62µg (10.25%), Vitamin B5: 0.93mg (9.3%), Zinc: 1.38mg (9.19%), Fiber: 2.14g (8.57%), Copper: 0.15mg (7.4%), Manganese: 0.11mg (5.43%), Selenium: 3.37µg (4.81%), Vitamin B1: 0.07mg (4.62%), Vitamin B6: 0.08mg (4.2%), Iron: 0.67mg (3.72%), Vitamin E: 0.52mg (3.48%), Folate: 8.45µg (2.11%), Vitamin D: 0.32µg (2.1%), Vitamin K: 1.66µg (1.58%), Vitamin B3: 0.31mg (1.56%), Vitamin C: 0.95mg (1.15%)