



Stout Floats with Cocoa Syrup

READY IN



50 min.

SERVINGS



6

CALORIES



441 kcal

DESSERT

Ingredients

- 6 servings ice-cream chocolate shell
- 0.5 cup cocoa powder unsweetened (spooned into cup to measure, then leveled)
- 1 cup cup heavy whipping cream chilled
- 36 ounce porter chilled ()
- 0.7 cup sugar
- 1 teaspoon vanilla extract
- 0.7 cup water boiling

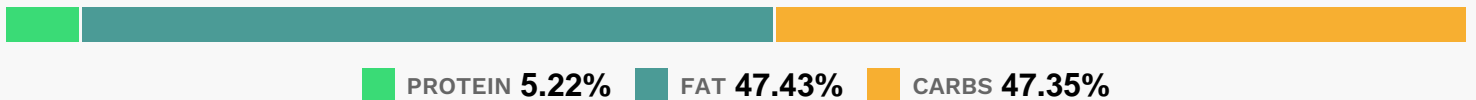
Equipment

- bowl
- sauce pan
- whisk
- hand mixer
- measuring cup
- drinking straws

Directions

- Whisk sugar, cocoa powder, and pinch of salt in small saucepan.
- Pour 2/3 cup boiling water into heat-resistant measuring cup.
- Whisk just enough boiling water from cup into cocoa mixture in saucepan to form smooth paste (about 3 tablespoons), then whisk in remaining water. Bring to simmer over low heat, stirring constantly. Simmer syrup 1 1/2 minutes, stirring often.
- Remove from heat; stir in vanilla. Cool to room temperature. DO AHEAD: Can be made 3 weeks ahead. Cover; chill.
- Using electric mixer, beat cream and vanilla in medium bowl until peaks form. Cover; chill.
- Pour 1 tablespoon Kahlúa and 1 tablespoon cocoa syrup into each of six 10-ounce glasses.
- Place 1 scoop of ice cream in each glass.
- Add stout, pouring gently down side of tilted glass to prevent too much head from forming. Spoon dollop of whipped cream into each glass.
- Drizzle with cocoa syrup, place spoon and straw in each, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:20.02, Glycemic Load:24.42, Inflammation Score:-8, Nutrition Score:7.9543478540752%

Flavonoids

Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 441.12kcal (22.06%), Fat: 22.63g (34.82%), Saturated Fat: 14.19g (88.69%), Carbohydrates: 50.85g (16.95%), Net Carbohydrates: 47.41g (17.24%), Sugar: 40.31g (44.79%), Cholesterol: 67.26mg (22.42%), Sodium: 63.97mg (2.78%), Alcohol: 0.23g (100%), Alcohol %: 0.09% (100%), Caffeine: 18.46mg (6.15%), Protein: 5.6g (11.2%), Copper: 0.37mg (18.57%), Manganese: 0.37mg (18.51%), Vitamin A: 857.66IU (17.15%), Phosphorus: 146.27mg (14.63%), Magnesium: 58.02mg (14.51%), Fiber: 3.44g (13.77%), Vitamin B2: 0.22mg (13.22%), Calcium: 108.38mg (10.84%), Iron: 1.66mg (9.23%), Potassium: 312.39mg (8.93%), Zinc: 0.97mg (6.48%), Selenium: 4µg (5.71%), Vitamin D: 0.77µg (5.11%), Vitamin B5: 0.49mg (4.85%), Vitamin B12: 0.25µg (4.25%), Vitamin E: 0.57mg (3.8%), Folate: 14.44µg (3.61%), Vitamin B6: 0.06mg (2.94%), Vitamin B1: 0.04mg (2.75%), Vitamin B3: 0.33mg (1.67%), Vitamin K: 1.65µg (1.57%)