



The Lebowski Shake (a.k.a. White Russian Milk Shake)



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



986 kcal

BEVERAGE

DRINK

Ingredients

- 1 ounce rum / brandy / coffee liqueur such as kahlúa
- 0.5 teaspoon espresso powder instant
- 14 ounce whipped cream
- 1 ounce vodka

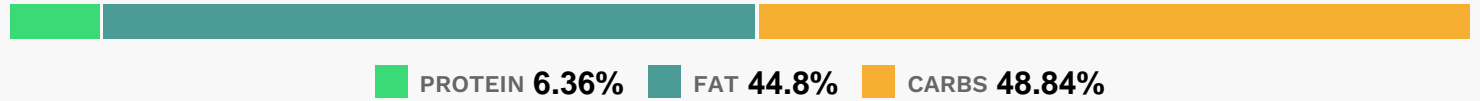
Equipment

- blender

Directions

- Place all of the ingredients in a blender. Pulse 8 to 10 times or until mostly smooth.
- Pour into a chilled glass and serve on a rug that really ties the room together while listening to some Creedence.

Nutrition Facts



Properties

Glycemic Index:76, Glycemic Load:55.44, Inflammation Score:-8, Nutrition Score:15.779999779618%

Nutrients (% of daily need)

Calories: 986.06kcal (49.3%), Fat: 43.75g (67.3%), Saturated Fat: 26.98g (168.61%), Carbohydrates: 107.31g (35.77%), Net Carbohydrates: 104.53g (38.01%), Sugar: 97.41g (108.23%), Cholesterol: 174.63mg (58.21%), Sodium: 320.25mg (13.92%), Alcohol: 15.62g (100%), Alcohol %: 4.36% (100%), Caffeine: 15.7mg (5.23%), Protein: 13.98g (27.96%), Vitamin B2: 0.95mg (56.17%), Calcium: 508.73mg (50.87%), Phosphorus: 419.67mg (41.97%), Vitamin A: 1670.92IU (33.42%), Vitamin B12: 1.55µg (25.8%), Potassium: 807.8mg (23.08%), Vitamin B5: 2.31mg (23.06%), Zinc: 2.74mg (18.27%), Magnesium: 57.2mg (14.3%), Fiber: 2.78g (11.11%), Vitamin B1: 0.16mg (10.95%), Selenium: 7.21µg (10.3%), Vitamin B6: 0.19mg (9.53%), Vitamin E: 1.19mg (7.94%), Vitamin D: 0.79µg (5.29%), Folate: 19.84µg (4.96%), Copper: 0.09mg (4.74%), Vitamin B3: 0.6mg (3.01%), Vitamin C: 2.38mg (2.89%), Iron: 0.38mg (2.12%), Manganese: 0.04mg (2.02%), Vitamin K: 1.2µg (1.14%)