



## Tipsy Triple-Chocolate Shakes and Strawberries

 Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



901 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 8 shots chocolate cream liqueur (recommended: Bailey's)
- ☐ 12 scoops ice-cream chocolate shell
- ☐ 4 cups chocolate milk
- ☐ 1 chocolate bar dark for garnishing
- ☐ 8 large stem strawberries dried rinsed
- ☐ 4 servings whipped cream

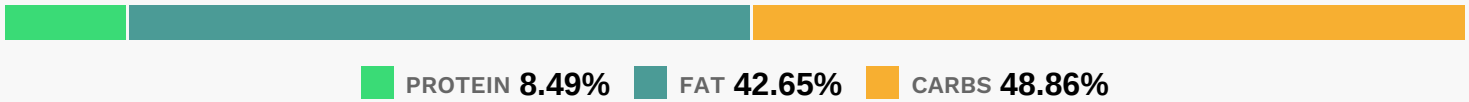
### Equipment

☐ peeler

## Directions

- ☐ Watch how to make this recipe.
- ☐ Working in 2 batches, blend the chocolate liqueur with ice cream and chocolate milk until thick but smooth.
- ☐ Pour shakes into tall glasses and garnish with whipped cream. Use a vegetable peeler to shave dark chocolate on top.
- ☐ Serve 2 large stem berries alongside for dunking and serve with straws and long spoons on plates to catch the drips!

## Nutrition Facts



## Properties

Glycemic Index:63.25, Glycemic Load:49.22, Inflammation Score:-8, Nutrition Score:27.8599998329%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 901.38kcal (45.07%), Fat: 44.49g (68.45%), Saturated Fat: 27.3g (170.62%), Carbohydrates: 114.71g (38.24%), Net Carbohydrates: 107.43g (39.07%), Sugar: 101.48g (112.75%), Cholesterol: 132.26mg (44.08%), Sodium: 370.33mg (16.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 16.7mg (5.57%), Protein: 19.92g (39.84%), Calcium: 612.34mg (61.23%), Phosphorus: 599.15mg (59.92%), Vitamin B2: 0.98mg (57.79%), Manganese: 0.94mg

(46.94%), Vitamin C: 36.01mg (43.65%), Potassium: 1272.92mg (36.37%), Copper: 0.7mg (34.99%), Magnesium: 139.29mg (34.82%), Vitamin A: 1488.07IU (29.76%), Fiber: 7.28g (29.13%), Vitamin B12: 1.69µg (28.22%), Vitamin D: 3.85µg (25.65%), Vitamin B5: 2.44mg (24.41%), Iron: 4.32mg (24.02%), Zinc: 3.02mg (20.12%), Selenium: 12.69µg (18.13%), Folate: 71.52µg (17.88%), Vitamin B1: 0.23mg (15.37%), Vitamin B6: 0.29mg (14.41%), Vitamin E: 1.27mg (8.48%), Vitamin B3: 1.25mg (6.23%), Vitamin K: 3.42µg (3.26%)