



## Vermont Maple Float

 Gluten Free

READY IN



1 min.

SERVINGS



1

CALORIES



300 kcal

DESSERT

### Ingredients

- 1 tablespoon maple syrup pure
- 0.8 cup milk
- 1 scoop whipped cream

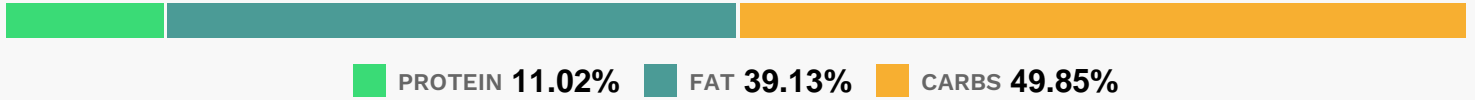
### Equipment

### Directions

- Pour milk into tall glass, stir in maple syrup.

Mix well, and top with a scoop of ice cream.

## Nutrition Facts



## Properties

Glycemic Index:135.5, Glycemic Load:17.39, Inflammation Score:-4, Nutrition Score:10.480869569208%

## Nutrients (% of daily need)

Calories: 300.42kcal (15.02%), Fat: 13.12g (20.18%), Saturated Fat: 7.89g (49.28%), Carbohydrates: 37.6g (12.53%), Net Carbohydrates: 37.14g (13.5%), Sugar: 34.78g (38.64%), Cholesterol: 51mg (17%), Sodium: 124.14mg (5.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.31g (16.62%), Vitamin B2: 0.66mg (39.11%), Calcium: 331.37mg (33.14%), Phosphorus: 254.13mg (25.41%), Manganese: 0.47mg (23.63%), Vitamin B12: 1.25µg (20.76%), Vitamin D: 2.14µg (14.3%), Potassium: 450.84mg (12.88%), Vitamin A: 574.32IU (11.49%), Vitamin B5: 1.07mg (10.66%), Vitamin B1: 0.14mg (9.52%), Zinc: 1.35mg (8.97%), Magnesium: 35.4mg (8.85%), Vitamin B6: 0.14mg (7.17%), Selenium: 4.66µg (6.66%), Vitamin E: 0.29mg (1.93%), Fiber: 0.46g (1.85%), Vitamin B3: 0.28mg (1.42%)