



White Chocolate Pudding Shots

 Gluten Free

READY IN



40 min.

SERVINGS



24

CALORIES



130 kcal

BEVERAGE

DRINK

Ingredients

- 2 fluid ounces coffee-flavored liqueur kahlua® (such as)
- 2 cups heavy whipping cream
- 6.6 ounce chocolate pudding mix white instant
- 6 fluid ounces irish cream liqueur baileys® (such as)

Equipment

- bowl
- baking sheet
- whisk

hand mixer

Directions

- Beat cream in a glass or metal bowl using an electric mixer until stiff peaks form. Lift your beater or whisk straight up: whipped cream will form sharp peaks.
- Add pudding mix and beat until fully incorporated and firm. Stir in Irish cream liqueur and coffee-flavored liqueur. Spoon pudding mixture into 24 2-ounce cups. Arrange on a baking sheet and freeze until set, at least 30 minutes.

Nutrition Facts

PROTEIN 3.22% FAT 62.06% CARBS 34.72%

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:1.1552173851625%

Nutrients (% of daily need)

Calories: 129.53kcal (6.48%), Fat: 8.28g (12.73%), Saturated Fat: 5.22g (32.62%), Carbohydrates: 10.42g (3.47%), Net Carbohydrates: 10.14g (3.69%), Sugar: 8.5g (9.45%), Cholesterol: 22.41mg (7.47%), Sodium: 116.96mg (5.09%), Alcohol: 1.53g (100%), Alcohol %: 5.18% (100%), Protein: 0.97g (1.93%), Vitamin A: 291.55IU (5.83%), Vitamin B2: 0.04mg (2.45%), Vitamin D: 0.32µg (2.12%), Phosphorus: 17.12mg (1.71%), Copper: 0.03mg (1.49%), Manganese: 0.03mg (1.44%), Calcium: 14.03mg (1.4%), Vitamin E: 0.19mg (1.25%), Magnesium: 4.9mg (1.22%), Selenium: 0.79µg (1.13%), Fiber: 0.28g (1.12%), Potassium: 37.24mg (1.06%)