



Healthdor

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Medium Dr Pepper Float ♦♦

A delicious blended float made with medium Dr Pepper soda.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: N/A

Total Time: 5 mins

Recipe Yield: 500 grams

Number of Servings: 1

Serving Size: 500 g

Ingredients

250 ml dr pepper

250 g Vanilla Ice Cream

Directions

Step 1

Blending

Add Dr Pepper and vanilla ice cream to a blender.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Blending

Blend until smooth and creamy.

Prep Time: 3 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 15 g

Protein: 5 g

Carbohydrates: 60 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	60 g	109.09%	120%
Fibers	1 g	2.63%	4%
Sugars	50 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	15 g	53.57%	60%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	15 mg	1.5%	1.5%
Iron	2 mg	25%	11.11%
Potassium	250 mg	7.35%	9.62%
Zinc	0 mg	0%	0%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Course

Drinks

Desserts

Kitchen Tools

Blender

Mixer

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Difficulty Level

Medium

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