

# Joanie's Irish Cream

Joan Gullett

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

## Yield: 1 quart

- 3 eggs
- 3/4 cup sweetened condensed milk
- 1/2 pint whipping cream
- 1/2 pint half-and-half
- 1 tablespoon chocolate syrup
- 1 teaspoon instant coffee, dissolved in one tablespoon of hot water
- 3/4 to one cup Scotch whiskey

In a blender container, combine all of the ingredients. Blend on high speed until well mixed.

Can be served immediately or stored in a glass container which is tightly covered in the refrigerator for up to one month.

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Per Serving (excluding unknown items): 1820 Calories; 123g Fat (59.8% calories from fat); 42g Protein; 144g Carbohydrate; trace Dietary Fiber; 1040mg Cholesterol; 601mg Sodium. Exchanges: 2 1/2 Lean Meat; 1/2 Non-Fat Milk; 23 Fat; 9 Other Carbohydrates.

Beverages

## Per Serving Nutritional Analysis

Calories (kcal):	1820	Vitamin B6 (mg):	.4mg
% Calories from Fat:	59.8%	Vitamin B12 (mcg):	3.4mcg
% Calories from Carbohydrates:	31.0%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	9.1%	Riboflavin B2 (mg):	1.9mg
Total Fat (g):	123g	Folacin (mcg):	107mcg
Saturated Fat (g):	72g	Niacin (mg):	1mg
Monounsaturated Fat (g):	37g	Caffeine (mg):	4mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0
Cholesterol (mg):	1040mg	% Refuse:	0.0%
Carbohydrate (g):	144g	<b>Food Exchanges</b>	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	42g	Lean Meat:	2 1/2
Sodium (mg):	601mg	Vegetable:	0
Potassium (mg):	1287mg	Fruit:	0
Calcium (mg):	885mg	Non-Fat Milk:	1/2

**Iron (mg):** 4mg  
**Zinc (mg):** 5mg  
**Vitamin C (mg):** 7mg  
**Vitamin A (i.u.):** 4989IU  
**Vitamin A (r.e.):** 1439 1/2RE

**Fat:** 23  
**Other Carbohydrates:** 9

## Nutrition Facts

### Amount Per Serving

**Calories** 1820                      **Calories from Fat:** 1089

### % Daily Values\*

<b>Total Fat</b> 123g	189%
Saturated Fat 72g	361%
<b>Cholesterol</b> 1040mg	347%
<b>Sodium</b> 601mg	25%
<b>Total Carbohydrates</b> 144g	48%
Dietary Fiber trace	1%
<b>Protein</b> 42g	
<b>Vitamin A</b>	100%
<b>Vitamin C</b>	12%
<b>Calcium</b>	89%
<b>Iron</b>	20%

\* Percent Daily Values are based on a 2000 calorie diet.