

Apple Pie Shakes

 Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



280 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 slice apple pie spice cold cut into chunks (from 9-inch pie)
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 tablespoon milk
- ☐ 2 cups whipped cream softened

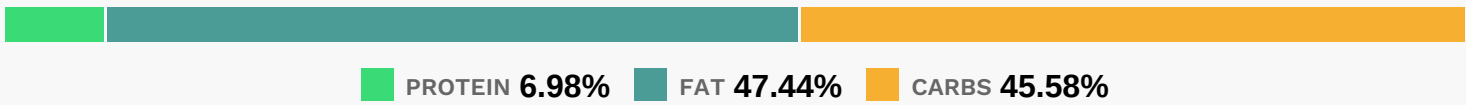
Equipment

- ☐ blender

Directions

- ☐ In blender, place ice cream, milk and cinnamon. Cover and blend on high speed until smooth and creamy.
- ☐ Add pie chunks; cover and blend until smooth, stopping blender to scrape down sides if necessary.
- ☐ Pour into 2 glasses; top with sweetened whipped cream; sprinkle with cinnamon.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:18.58, Inflammation Score:-4, Nutrition Score:5.874782619269%

Nutrients (% of daily need)

Calories: 280.07kcal (14%), Fat: 14.83g (22.81%), Saturated Fat: 9.14g (57.1%), Carbohydrates: 32.05g (10.68%), Net Carbohydrates: 30.92g (11.24%), Sugar: 28.39g (31.54%), Cholesterol: 58.98mg (19.66%), Sodium: 108.74mg (4.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.81%), Vitamin B2: 0.33mg (19.29%), Calcium: 184.1mg (18.41%), Phosphorus: 146.93mg (14.69%), Vitamin A: 569.91IU (11.4%), Vitamin B12: 0.56µg (9.26%), Vitamin B5: 0.8mg (7.96%), Potassium: 278.32mg (7.95%), Manganese: 0.13mg (6.69%), Zinc: 0.96mg (6.39%), Magnesium: 20.21mg (5.05%), Fiber: 1.13g (4.52%), Vitamin B1: 0.06mg (3.94%), Selenium: 2.57µg (3.68%), Vitamin B6: 0.07mg (3.52%), Vitamin E: 0.42mg (2.77%), Vitamin D: 0.35µg (2.31%), Copper: 0.03mg (1.69%), Folate: 6.74µg (1.68%), Iron: 0.24mg (1.32%), Vitamin C: 0.92mg (1.11%)