



Apple Pie Slinger Milkshake

 Gluten Free

READY IN



10 min.

SERVINGS



1

CALORIES



542 kcal

DESSERT

BEVERAGE

DRINK

Ingredients

- 1.5 cups apples diced peeled
- 0.5 cup apple juice
- 2 tablespoons butter softened
- 0.5 teaspoon ground cinnamon
- 0.1 teaspoon ground nutmeg
- 0.5 cup whipped cream
- 1 tablespoon sugar white



Equipment

blender

Directions

Blend apple, apple juice, ice cream, butter, sugar, cinnamon, and nutmeg in a blender until smooth.

Nutrition Facts

 
 **PROTEIN 2.29%**  **FAT 49.02%**  **CARBS 48.69%**

Properties

Glycemic Index:328.84, Glycemic Load:30.12, Inflammation Score:-6, Nutrition Score:8.1965217279351%

Flavonoids

Cyanidin: 2.97mg, Cyanidin: 2.97mg, Cyanidin: 2.97mg, Cyanidin: 2.97mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 3.99mg, Catechin: 3.99mg, Catechin: 3.99mg, Catechin: 3.99mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 19.96mg, Epicatechin: 19.96mg, Epicatechin: 19.96mg, Epicatechin: 19.96mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.24mg, Quercetin: 8.24mg, Quercetin: 8.24mg, Quercetin: 8.24mg

Nutrients (% of daily need)

Calories: 541.9kcal (27.1%), Fat: 30.59g (47.06%), Saturated Fat: 19.02g (118.88%), Carbohydrates: 68.36g (22.79%), Net Carbohydrates: 62.57g (22.75%), Sugar: 57.51g (63.9%), Cholesterol: 89.24mg (29.75%), Sodium: 239.93mg (10.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.43%), Fiber: 5.79g (23.17%), Vitamin A: 1083.27IU (21.67%), Manganese: 0.35mg (17.25%), Vitamin B2: 0.24mg (14.15%), Potassium: 469.35mg (13.41%), Vitamin C: 10.18mg (12.34%), Calcium: 122.97mg (12.3%), Phosphorus: 106.5mg (10.65%), Vitamin E: 1.22mg (8.14%), Vitamin B6: 0.13mg (6.68%), Magnesium: 26.43mg (6.61%), Vitamin K: 6.59µg (6.28%), Vitamin B5: 0.59mg (5.93%), Vitamin B1: 0.09mg (5.83%), Vitamin B12: 0.31µg (5.08%), Copper: 0.09mg (4.37%), Zinc: 0.61mg (4.04%), Iron: 0.54mg (2.98%), Folate: 10.02µg (2.5%), Selenium: 1.7µg (2.43%), Vitamin B3: 0.37mg (1.83%)