



Apricot Cows

 Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



289 kcal

SIDE DISH

Ingredients

- 1.5 cups all-natural apricot nectar chilled
- 1 tablespoon skim milk powder dry
- 1 tablespoon sugar
- 1 cup whipped cream
- 2 servings non-dairy whipped topping

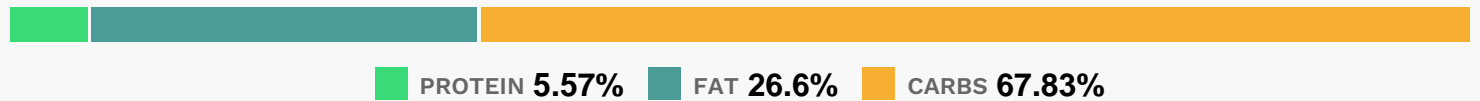
Equipment

- blender

Directions

- In a blender, combine apricot nectar, ice cream, milk powder if desired and sugar; cover and process until smooth. Stir if necessary.
- Pour into chilled glasses.
- Garnish with whipped topping if desired.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:65.55, Glycemic Load:13.41, Inflammation Score:-9, Nutrition Score:10.750434699266%

Nutrients (% of daily need)

Calories: 288.8kcal (14.44%), Fat: 8.74g (13.45%), Saturated Fat: 5.07g (31.69%), Carbohydrates: 50.17g (16.72%), Net Carbohydrates: 49.52g (18.01%), Sugar: 47.09g (52.32%), Cholesterol: 29.88mg (9.96%), Sodium: 91.22mg (3.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.25%), Vitamin C: 56.56mg (68.56%), Vitamin A: 2840.27IU (56.81%), Calcium: 155.69mg (15.57%), Vitamin B2: 0.25mg (14.7%), Phosphorus: 118.34mg (11.83%), Vitamin B1: 0.16mg (10.43%), Potassium: 329.26mg (9.41%), Vitamin B5: 0.7mg (6.98%), Vitamin B12: 0.42µg (6.96%), Vitamin E: 0.99mg (6.62%), Vitamin B6: 0.12mg (5.79%), Magnesium: 23.09mg (5.77%), Zinc: 0.67mg (4.47%), Vitamin D: 0.54µg (3.63%), Selenium: 2.36µg (3.37%), Manganese: 0.07mg (3.33%), Copper: 0.05mg (2.67%), Fiber: 0.65g (2.6%), Vitamin K: 2.6µg (2.48%), Vitamin B3: 0.4mg (2%), Folate: 7.19µg (1.8%), Iron: 0.27mg (1.48%)