

Bacon Milkshakes

 Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



428 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 tablespoons maple syrup
- ☐ 2 slices bacon cooked
- ☐ 2 cups whipped cream
- ☐ 0.5 cup milk

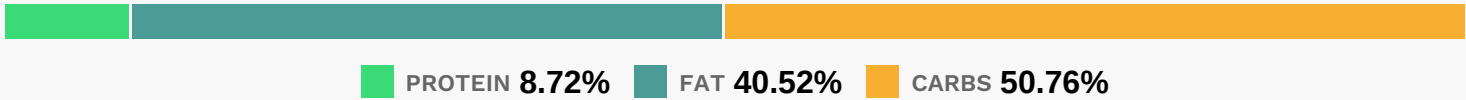
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ In 1-quart saucepan, heat syrup and 1 slice of the bacon over medium heat 2 to 3 minutes.
- ☐ Remove from heat; set aside to infuse bacon flavor into syrup.
- ☐ In blender, place ice cream and milk. Cover; blend on medium speed until combined.
- ☐ Remove bacon from syrup; discard bacon.
- ☐ Add syrup to milk mixture; blend on low speed to combine.
- ☐ Divide milkshake evenly between 2 glasses. Crumble remaining slice of cooked bacon; sprinkle over tops of milkshakes.

Nutrition Facts



Properties

Glycemic Index:67.75, Glycemic Load:26.9, Inflammation Score:-4, Nutrition Score:11.242173936056%

Nutrients (% of daily need)

Calories: 428.28kcal (21.41%), Fat: 19.28g (29.66%), Saturated Fat: 11.06g (69.11%), Carbohydrates: 54.35g (18.12%), Net Carbohydrates: 53.43g (19.43%), Sugar: 48.89g (54.33%), Cholesterol: 73.32mg (24.44%), Sodium: 265.88mg (11.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.33g (18.67%), Vitamin B2: 0.8mg (47.09%), Manganese: 0.7mg (35.24%), Calcium: 277.57mg (27.76%), Phosphorus: 231.25mg (23.13%), Vitamin B12: 0.93µg (15.52%), Potassium: 461.6mg (13.19%), Vitamin A: 657.5IU (13.15%), Vitamin B5: 1.08mg (10.84%), Selenium: 7.59µg (10.84%), Zinc: 1.62mg (10.77%), Vitamin B1: 0.15mg (10.19%), Magnesium: 34.58mg (8.65%), Vitamin B6: 0.14mg (7.17%), Vitamin D: 0.97µg (6.45%), Vitamin B3: 1.08mg (5.41%), Fiber: 0.92g (3.7%), Vitamin E: 0.46mg (3.07%), Copper: 0.04mg (1.97%), Folate: 6.6µg (1.65%), Iron: 0.23mg (1.27%)