



Be Mine" Pudding Shake

 Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



30 kcal

BEVERAGE

DRINK

Ingredients

- 1 drops several food coloring red
- 1 pkg jell-o vanilla flavor pudding instant divided (4-serving size)
- 3 cups milk divided
- 1 cup strawberry ice cream
- 1 cup whipped cream

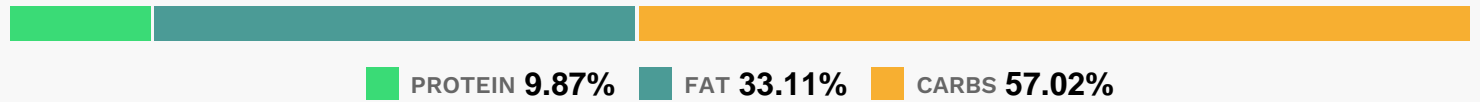
Equipment

- blender

Directions

- Pour 1-1/2 cups of the milk into blender container.
- Add vanilla ice cream and scant 1/3 cup of the dry pudding mix; cover. Blend on high speed 15 seconds or until smooth.
- Pour evenly into 4 (8-oz.) glasses. Freeze 30 minutes.
- Pour remaining 1-1/2 cups milk into blender container.
- Add remaining dry pudding mix, strawberry ice cream and food coloring; cover. Blend on high speed 15 seconds or until smooth.
- Pour evenly over vanilla layer in each glass.
- Serve with straws and a fresh strawberry garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:2.2, Glycemic Load:0.7, Inflammation Score:-1, Nutrition Score:0.77695651870707%

Nutrients (% of daily need)

Calories: 29.55kcal (1.48%), Fat: 1.1g (1.69%), Saturated Fat: 0.66g (4.1%), Carbohydrates: 4.26g (1.42%), Net Carbohydrates: 4.2g (1.53%), Sugar: 3.1g (3.44%), Cholesterol: 4.09mg (1.36%), Sodium: 23.83mg (1.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.47%), Calcium: 27.39mg (2.74%), Phosphorus: 22.49mg (2.25%), Vitamin B2: 0.04mg (2.19%), Vitamin B12: 0.11µg (1.8%), Vitamin D: 0.18µg (1.23%), Potassium: 36.18mg (1.03%)